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Put the "Great" in Brit cuisine

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Refine your animal instincts

COVER PHOTOGRAPHY MAX OPPENHEIM. FOOD STYLING LORNA BRASH

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*Online survey conducted by Zoomerang on 123 men who exercise regularly and use Cyclone daily (2009).

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FIRST COURSE

Good nutrition is not only vital to achieving your fitness goals, but is essential to regulate your energy levels, balance your mood, keep your brain firing on all cylinders, and keep you living better for longer. Eating well doesn't have to be a flavourless chore either – over the next 52 pages you will find everything you need to take your personal nutrition to the next level, from kitchen gadgets that make life easier to libido-boosting kebabs, plus a whole month's eating plan for building muscle

PHOTOGRAPHY ROB WHITE

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THE SLICE IS RIGHT

Lunch, like revenge, is best served cold. Damian Clarkson, caterer to the great and good, has five sandwiches to turbocharge your Tupperware

1 The flab-shifter

Ingredients

- 1 grilled chicken breast
- ½tsp green pesto
- 1tbsp low-fat crème fraîche
- 1 leaf Romaine lettuce
- Black pepper
- Pumpernickel bread

Nutrition 453kcal, 39g carb, 55g protein, 8.4g fat

The cut above

Protein in chicken prevents blood-sugar lows make you reach for the Mars bars. Calcium in crème fraîche reduces fat around your stomach, while lettuce contains chromium and manganese to even out blood sugar. Much tastier than a diet shake.

2 The bicep builder

Ingredients

- 3 slices rare roast beef
- 1tbsp hummus
- Pickled cucumber
- Sourdough bread

Nutrition 378kcal, 35g carb, 30g protein, 12.7g fat

The cut above

Creatine doesn't just come in a tub with a picture of a veiny maniac on it – it's in beef, and helps boost muscle activity. The hummus contains iron to keep energy levels up and vitamin E to maintain muscle stamina. Cucumber keeps muscles relaxed and prevents cramp. Eat. Flex. Eat. Flex. And relax...

3 The fuel-tank filler

Ingredients

- 4-5 slices smoked turkey
- 1 boiled egg, sliced
- 1tsp cranberry sauce
- Handful of watercress
- Soya and linseed bread

Nutrition 460kcal, 27g carb, 47g protein, 18.5g fat

The cut above

Give your get-up-and-go a boot up the posterior with this. Cranberries have vitamin C to protect against energy-sapping infections, turkey and eggs are full of vim-boosting B vitamins, while watercress is packed with iron to combat fatigue. Eat while wearing a party hat at a jaunty angle.

4 The detox special

Ingredients

- 1 grilled red pepper
- 3 sliced artichokes
- Handful of baby spinach
- 5 cherry tomatoes, halved
- Black pepper to season
- Rye bread

Nutrition 355kcal, 40g carb, 8.5g protein, 5.5g fat

The cut above

Tomatoes will protect your heart and also fight cancer, the vitamin C in red pepper detoxifies, artichoke contains hangover-busting cynarine, while spinach has cancer-fighting carotenoids – great if you've been on the fags, or want to impersonate Popeye.

5 The mind-expander

Ingredients

- 1 smoked mackerel fillet
- ½ avocado, with lime juice and Tabasco
- 1tbsp diced red onion
- Handful of rocket
- Toasted ciabatta

Nutrition 620kcal, 40g carb, 30g protein, 38.4g fat

The cut above

Mackerel is rich in omega-3s to lighten your mood and improve concentration. Fats in avocado cut your chances age-related brain disease, while the small dose of vitamin C in rocket leaves lowers stress... Until the boss bothers you while you're tucking in.

WORDS: ANNA LONGMORE. DAN JONES. PHOTOGRAPHY PETER THEIDEKE. FOOD STYLIST LORNA BRASH. DAMIAN CLARKSON IS DIRECTOR OF RED SNAPPER EVENTS WWW.REDSNAPPEVENTS.COM

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WRAP STARS

Chef Tim Rawlins shows you how to win the fight against all manner of lunchtime challenges

A The mind-expander

Ingredients

- 1 wheatgerm wrap
- 150g smoked mackerel mixed with 1tbsp low-fat crème fraiche, 1tsp horseradish
- Watercress
- Toasted pumpkin seeds
- Slices of beetroot with a dash of balsamic vinegar

Nutrition 605kcal, 27.6g, 27g carb, 15g sat fat, 8.1g fibre

The cut above

Mackerel is one of the richest sources of omega-3. Pumpkin seeds are rich in omega-6 while folate in the beetroot will boost your... your... ah yes, your memory.

B The gut-burner

Ingredients

- 1 corn tortilla
- 1tbsp guacamole
- Shredded iceberg
- 1 free-range chicken breast; grilled and sliced
- ¼ red pepper, sliced
- 1tbsp tomato salsa with chopped chilli for added spice
- 1tsp low fat sour cream

Nutrition 373kcaal, 46g protein, 27g carb, 5g sat fat, 1.5g fibre

The cut above

Calcium from the tortilla and sour cream will help you burn fat, while avocado will help you convert fat into energy. The chicken will prevent blood-sugar crashes.

C The detoxifier

Ingredients

- 1 wheatgerm wrap
- 2 red peppers, grilled skinned and sliced mixed with a dash of balsamic and a dash of olive oil
- A handful of rocket
- 8-10 black olives
- 5 cheery tomatoes
- 50g crumbled feta
- 1tsp pine nuts
- 1 red onion sliced

Nutrition 369kcal, 18g protein, 33g g carb, 9g sat fat, 6g fibre

The cut above

Rocket aids your detox, while the vitamins A and C boost your immune system. You'll fight heart disease with vitamin E in the wheatgerm, and tomatoes and red onions will head off cancer.

D The libido-booster

Ingredients

- 1 wholemeal wrap
- Half an avacado
- Watercress
- 100g fresh Atlantic prawns (cooked)
- Marie Rose sauce: 1tbsp low-fat mayo mixed with 1tsp ketchup, cayenne and lemon juice
- 2 spring onions, sliced

Nutrition 439kcal, 27g protein, 32g carb, 4g sat fat, 7g fibre

The cut above

Everything in here will rev you up. Avocados provide sex drive boosting vitamin E, zinc in shellfish boosts sperm count and iodine in the watercress will give you the energy to keep at it all night

E The battery-charger

Ingredients

- 1 wholemeal wrap
- 1tsp aioli
- 1 tin tuna mixed with lemon juice and olive oil
- 5 baby tomatoes
- 30g cooked green beans
- 2 spring onions, sliced
- Baby spinach
- 1 boiled egg, sliced

Nutrition 452kcal, 53g protein, 31g carb, 5g sat fat, 5.7g fibre

The cut above

Tuna releases energy and includes iron and B vitamins. Tomatoes help you absorb the iron in the eggs and the spinach, and vitamin C will help you turn the whole lot into energy.

WORDS ANNA LONGMORE. PHOTOGRAPHY GARETH SAMBIDGE. STYLING LIBBY REA BROWNLEA. TIM RAWLINS IS HEAD CHEF AT THE EMPRESS OF INDIA, LONDON E19 7LH. 020 8533 5123

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ENERGY OR ENEMY?

With a market that has grown by 400% in five years, it seems we can't get enough energy drinks. *MH* reveals which ingredients you should look out for as a safe shortcut to extra pep and which are more of a downer

1 CAFFEINE

What is it? A drug which stimulates stress hormones in the central nervous system.

Does it work? The equivalent of a cup of filter coffee (80mg) can increase short-term recall and alertness by a third, according to researchers at the University of Arizona. "It works to boost key brain processes," says Anita Bean, author of *Food For Fitness* (A&C Black).

Is it safe? A Helsinki University study found the equivalent of three cups of coffee increases blood pressure by 14 points, putting strain on your major organs. "Over five cups a day can lead to heart palpitations, headaches, and even cardiac arrest," warns Bean. "Reduce your caffeine intake until you most need it, for a safer hit."

MH energy rating

2 GINSENG

What is it? A root extract from panax shrubs, commonly found in East Asia.

Does it work? If it's your brain not your brawn needing a boost. "Ginseng aids mental function by balancing stress hormones cortisol and adrenaline," says Watson. "It's more beneficial in the office than the gym, but any effects are far from dramatic."

Is it safe? Yes. "In the amounts in energy drinks it's harmless – even if you take bigger doses you'll suffer an upset stomach at worst," says Watson. That'll keep you awake in meetings.

MH energy rating

3 TAURINE

What is it? A non-essential amino acid – used in the metabolising of fats.

Does it work? Sadly those "wings" are more ostrich than osprey. "Taurine relieves congestive heart failure and acute hepatitis of the liver, but no studies link it to increasing energy in fit and healthy humans," says nutritionist Judy Watson (judywatsonnutritionist.co.uk). "In any case your body assembles the taurine it needs from animal protein sources." Meanwhile Cornell University research on rats shows taurine supplements could actually slow brain activity (explaining your willingness to fork out £15 for another drink).

Is it safe? "On its own, it lowers blood pressure, but just one can of taurine-heavy energy drink has been proven to increase the risk of blood clots forming," says Watson. Splash on a few lashings of vodka and you might as well just add an ambulance to your order...

MH energy rating

4 GLUCOSE

What is it? The sugar your body breaks carbs down into – so it's absorbed straight into your blood stream.

Does it work? For a short burst. "It aids physical performance, but won't boost concentration, and leaves you more tired half an hour later," says Professor Jim Horne from the Loughborough Sleep Research Centre (lboro.ac.uk).

Is it safe? If you're not diabetic, and it doesn't become a habit. "Regular large doses can cause your body to stop burning fat, and can even contribute to diabetes," says Bean. "Fats and protein slow the absorption of glucose." So eat a slice of toast with peanut butter as you drink to lessen the severity of the energy rollercoaster.

MH energy rating

5 GUARANA

What is it? A caffeine-crammed South American shrub seed extract.

Does it work? Yes. "Maybe due to the combination of caffeine and essential oils in the seed extract, taking a 200mg dose can improve all reaction times by up to 30 milliseconds," says Penny Hunking from Energise Nutrition (energise.co.uk).

Is it safe? Again, a thumbs-up. University of Florida nutritionists found the amounts in energy drinks do not pose health risks. "Guarana has a natural synergy with the body, which filters out excess levels with no obvious side-effects," says Hunking. Unlike the fall-out from last night's visit to the local. But you may be better off taking a separate guarana supplement, to control your intake and avoid the side-effects from the other, less-friendly ingredients in that shiny can (£5.19 for 60 caps, goodnessdirect.co.uk).

MH energy rating

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PHOTOGRAPHY MAX OPPENHEIM

Which can give you the most bang for your buck?

GET YOUR WINGS
Which energy drink and when

RED BULL (redbull.co.uk)
Contains Glucose, taurine, caffeine, B vitamins.
Best for Afternoon meetings. "It provides a mental boost, but stick to one can to avoid the jitters," says Penny Hunking.

LUCOZADE SPORT (lucozade.com/sport)
Contains B vitamins, 4-8% carbohydrate.
Best for Endurance sports. "Instantly hydrating but only boosts performance in activities over an hour," Hunking says. Not one for the bedroom, then.

BOOST (boostdrinks.com)
Contains Caffeine, glucose-fructose syrup, taurine
Best for Mid-afternoon slumps. "Moderate amounts of caffeine and glucose mean you won't suffer an energy slump if work keeps you in later than expected," says Judy Watson.

LIPOVITAN B3 (b3energy.com)
Contains Royal jelly, taurine and multivitamins "for a natural lift".
Best for Working late. "The B and C vitamins naturally boost energy with no caffeine slump," says Watson.

V ENERGY DRINK (tesco.com)
Contains Glucose, caffeine, taurine, guarana, B vitamins.
Best for Deadline crisis. "All the major stimulants will get your brain buzzing, but use it as a last resort for short-term energy," says Watson.

RELENTLESS (relentlessenergy.com)
Contains Glucose, caffeine, guarana, B vitamins.
Best for Extreme sports. "Each can contains 150mg of caffeine which along with the sugar and guarana will really give you a lift," Bean says. "The irony is you'd need to rehydrate immediately." The only one not suitable for children.

WHAT HAPPENS WHEN I EAT TOO MUCH?

Get the inside track on your body's reaction to a massive feed then find out how to combat the gluttony

1 Burning desire

That thick-crust pizza felt good on the way down, but too many slices of Meaty Supreme can lead to reflux – stomach acid flowing back up your food tube. The bile splashing up your oesophagus causes the scorching in your chest you know as heartburn – and it tastes like fiery death, too. Dr Rob Hicks, author of *Beat Your Allergies* (Infinite Ideas), recommends an antacid such as Rennies to neutralise stomach acids and stop food hitting the repeat button.

2 A hearty meal?

Your stomach may be the way to your heart, but overstuff it at your peril. A heavy meal triggers the release of norepinephrine, a hormone which makes your blood pressure rocket. A study by the US Dept of Veterans Affairs found that you're four times likelier to have a heart attack after over-indulgence. If you've got a history of high blood pressure, it's probably best to skip seconds.

3 Ate to Zzzz

You are feeling veeerry sleeepy... According to a University of Manchester study, the cells in our brain that keep us awake turn off after eating, so having a kip after a big feast isn't lazy – it's neurological. Being well hydrated will stop you from succumbing to the sofa's charms. An isotonic drink like Lucozade Hydro Active will help. The caffeine spike 'n' crash of a coffee will not.

4 Stitched up

"Wait! Wait... I've got a bloody stitch." The 2-a-side World Cup final seemed like the perfect post-barbeque lark. But by now you're likely to be suffering from exercise-related transient abdominal pain – even less fun than it sounds. According to the *British Medical Journal*, distending your gut with too much lunch causes friction between your stomach and your abdominal wall, which leads to the ache in your side. Give it a couple of hours before hitting the garden Olympics.

5 Wind tunnel

You blame the dog. Then remember you don't have one. The first thing your stomach does after a massive feed is eject any gas it has hanging around. Factor in the air you swallow when you're really scoffing it back and it's hardly surprising that your dinner table conversation takes a turn for the breezy. NHS Direct recommends a gut-relaxant like Colfac or Spasmonal, available over the counter from your local smirking chemist.

WORDS DAVID MORTON. ILLUSTRATION CHRISTIAN MONTENEGRO

WHAT HAPPENS WHEN I DRINK A PROTEIN SHAKE?

Loading up with gunpowder is a regular feature of many training regimes, but just how does the sludge help your body pack on muscle?

1 Rip and burn

You've done a weights session and your arms are screaming. "Lifting weights causes tiny rips in your muscles, priming them for growth," says sports scientist and founder of thefactsabout fitness.com, Christian Finn. In the 30 minutes after your workout, muscles are in an optimum state for growth and they need amino acids to fuel it. Protein shakes are full of them.

2 The need for speed

"Most protein shakes are made up of either whey or soy," says Stevenson. "Both have been partially pre-digested during the manufacturing process so they're easily and rapidly absorbed by the body." But a word of warning to dairy lovers: the untreated proteins in milk move through you slower than a wounded snail, so you should always mix your powder with plenty of water.

3 Carb bomb

It's not just protein surging through your blood to your muscles – read the label and you'll see the shake also has carbs in it. Don't panic, these are muscle-building friends. "Carbs are vital fuel for muscle-building – if you don't have enough carbs, your body will eat into the muscle you already have for fuel," says Stevenson. "Muscle-building is not just about protein." Okay, stop reading the label now.

4 Greed is good

About an hour after your workout, the rebuilding work fuelled by your shake begins to slow down – so keep it firing by following up with a meal of protein and carbohydrates. "Your body keeps turning protein into muscle for at least 24 hours after your workout, so try to eat every two to three hours," says Finn. Stevenson adds: "When combined with a structured training and nutrition plan, the boost from your shake will see you start to add lean muscle within six to eight weeks."

5 Sound the trumpet

Whoops. Was that the dog again? One side-effect of protein shakes, if you hadn't noticed, is that they can cause flatulence. "One theory is that the glucose in protein shakes feeds bacteria in the gut, resulting in fermentation," says Stevenson. "Another, less entertaining side-effect is dehydration. Water is needed to digest concentrated liquid, and your body is using fluid to digest rather than rehydrate."

6 Measure for measure

Breaking down and absorbing this dense surge of protein and carbs is a tough job – and your kidneys take the strain. OD-ing on protein shakes won't damage them, but it won't build extra muscle either. "Excessive protein will just be stored as fat, or excreted by your kidneys, and not used to build muscle," says sports dietitian Becky Stevenson (proactivate.co.uk). You only need 1g of protein per pound of your body weight every day. This gives you all the essential amino acids required to help your muscles repair and grow.

WORDS JONATHAN CROCKER. ILLUSTRATION CHRISTIAN MONTENEGRO

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He had a fire in his belly, from too much chilli

TORCH FAT WITH FOOD

Burn fat while sitting on your backside by stoking your metabolism to boiling point

1 Oil up

Tip the scales with a dose of fish. Researchers at Laboratoire de Biologie de la Nutrition in France found men who replaced six grams of fat in their diets with two grams of fish oil boosted their metabolisms and lost an average of two pounds in 12 weeks. Use it as mouthwash and lose unwanted friends, too.

2 Use the afterburn

Smashing out a session of intense exercise triggers afterburn: when your body cools off and repairs muscle micro-trauma. Afterburn alone, says Dr John Berardi, author of *The Metabolism Advantage* (Rodale), can dissolve 100 to 200 calories. More than carpet burn, according to our tests.

3 Max your protein

"Protein burns hotter than other food sources," says Dr Mark Hyman, author of *Ultrametabolism* (Scribner Book Company). In fact, protein-based calories will be torched roughly twice as quickly. Jump-start your metabolism early with two scrambled eggs for breakfast. Smokin'.

4 Sizzle snacks

Spicy food, spiky metabolism. A study from Université Laval in Quebec found that men who ate red pepper-packed snacks and meals, washed down with coffee, burnt nearly 1000 more calories a day than those eating cooler food. Go steady, mind, unless you want a fire-engine complexion.

5 C the light

Sitting around eating green peppers, tomatoes and other foods rich in vitamin C fans the flames of your fat-burning furnace. A University of Colorado study found that vitamin C can juice up your resting metabolism by almost 100 calories per day. Easier than weights, but unlikely to give you big arms.

SURPRISING SUPERFOODS

Don't listen to the hype: nutrition lurks in surprising places

SURPRISINGLY GOOD
Margherita pizza

Research at the Mario Negri Institute in Milan shows men who eat a pizza every week are four times less likely to be felled by cancer than men who eat only three slices a month.

Margheritas are better than...

✗ Kidney beans	✗ Pickled herring	✗ Baked beans
Protein 15.3g/180g	Fat 32g/180g	Sodium 0.9g/180g
Pizza 36g/180g	Pizza 12.8g/180g	Pizza 0.9g/180g

SURPRISINGLY BAD
Sushi

With more calories than a Mars bar and half your RDA of salt sushi's far from a health food. Plus, a study by gotmercury.org found 75% of it exceeds safe limits for mercury content (linked to infertility). Worst of all, chopsticks aren't as good as forks.

Sushi is worse than...

✓ Egg mayo sandwich	✓ Salted Kettle Chips	✓ McDonald's fries
282kcal/180g	Sodium 1.6g/180g	Fibre 5.6g/180g
Sushi 310kcal/180g	Sushi 2.3g/180g	Sushi 1.3g/180g

WORDS ANNA LONGMORE. ROB KEMP. PHOTOGRAPHY LEVON BISS, GETTY

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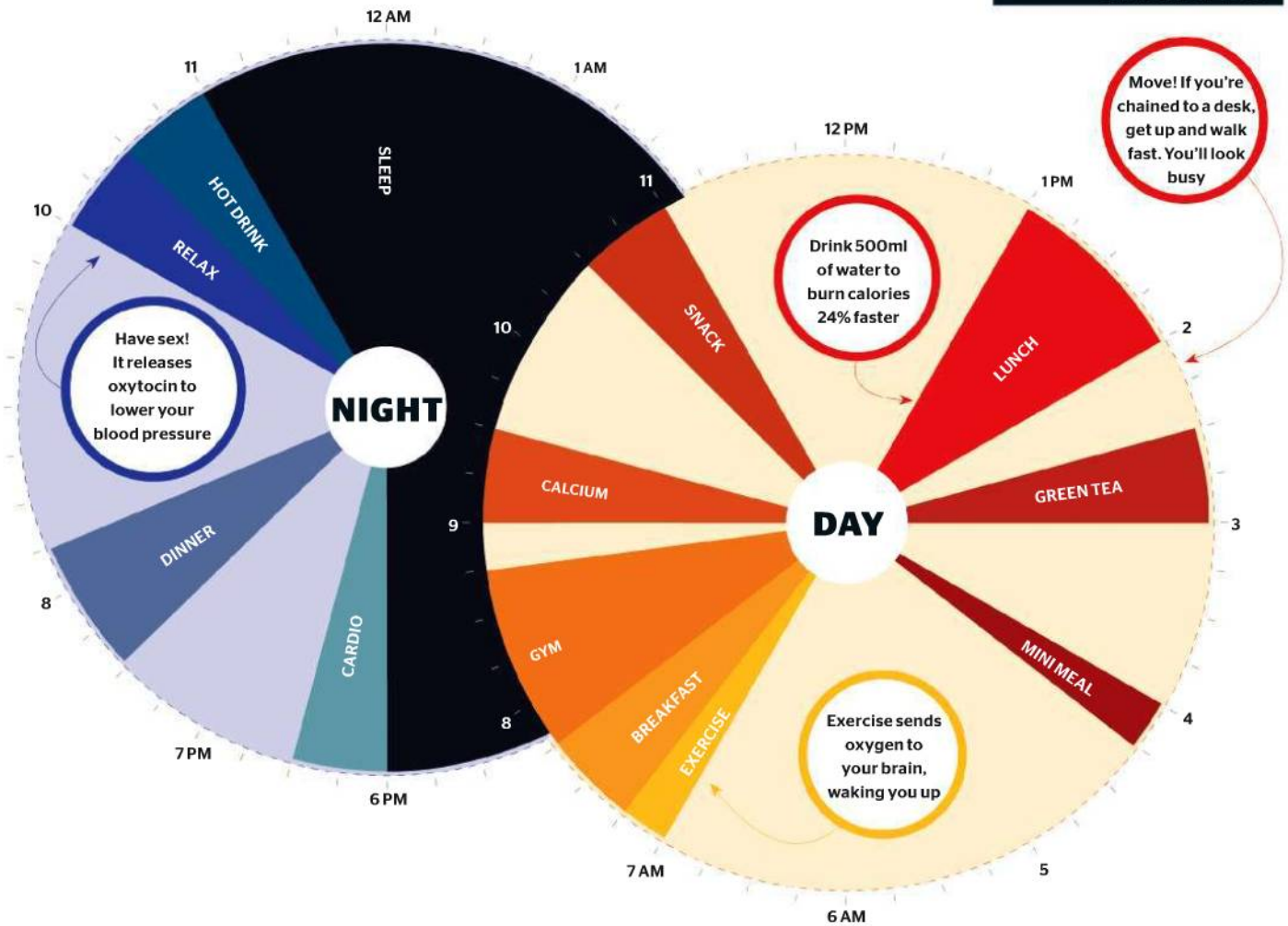

YOUR PERFECT DAY OF WEIGHT LOSS

Torch your belly with this easy-to-follow 24-hour plan

7:00am "Do 4 x 20 sec sets of full-body exercises with 10 sec rests," says Matt Punsheon, head trainer at LA Fitness. "It jump-starts your metabolism." Just don't wake the neighbours.

7:15am Eat two scrambled egg whites and two slices of back bacon. "The protein will keep you feeling full," says nutritionist Anita Bean, author of *Food For Fitness* (A&C Black).

7:45am Hit the gym... slowly. "Take 3 secs for raising and lowering. It engages 30% more muscle, keeping your metabolism burning for longer," says Scott Tudge, head personal trainer with Equilibrium Health and Fitness Solutions gyms.

9:00am Sink 500ml of milk. "Calcium prevents the storage of fat at a cellular level," says Bean. Nine out of ten cats can't be wrong.

10:30am Grab a protein-rich snack such as chicken. A US study found those who ate three 250-calorie snacks a day were 30% more likely to lose fat.

1:00pm Lunch: spinach salad with mackerel and almonds. They're all rich in magnesium, which your body needs to sear your blubber.

2:30pm Drink green tea. Dutch biochemists recently found that it contains a compound that reacts with the caffeine to boost fat oxidation and resting metabolic rate by 20%. Plus, you get none of the sat fat from the milk you would have put in a cup of builder's.

4:00pm Make your next mini-meal chicken soup. US researchers found it helped dieters lose an extra 2lb a week thanks to its high protein and water – and low fat – content.

6:00pm Get your main daily cardio fix. "Body temperatures reach a peak now, meaning flexible muscles and faster reaction times," says Dr Michael Hastings of Cambridge University. Giving you perfect conditions – and justification – for bolting from the office.

7:30pm Load up. "Your body's digestive processes are now working at full power," says Cath Collins, chief dietician at St George's Hospital, London. Try a stir-fry with salmon, soy, honey and sesame seeds, mixed peppers and noodles.

10:00pm Make bubbles. "A hot bath assists digestion and restorative stage 4 sleep," says Professor Jim Horne of Loughborough University. Plus you won't smell anymore.

10:30pm Hit the Horlicks, which is full of sleep-inducing tryptophan. "Lack of sleep causes spikes in cortisol and disturbs blood sugar, leading to overeating," says Watson.

WORDS MATTHEW BARBOUR. ILLUSTRATION ROB MILTON

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GOOD CARB, BAD CARB

Not all calories are created equal. Side-step the waist-broadening perpetrators and fill up with good carbs without busting the scales

A Hot flesh

Munch greasy ribs and you might as well start booking two plane seats. "But meat such as lean steak and turkey ignite your metabolism, so you burn calories twice as fast," says nutritionist Emma Wells.

B Drinking gains

Drink like a sailor, look like a whale. Swap pints for wine or spirits with soda and you'll reap the rewards. Less than 5% of the calories in alcohol are converted to fat, according to the *American Journal of Clinical Nutrition*, so it's more important to count calories than alcohol content. Cheers!

C Thin sliced

Fad diets tell people to dump carb-rich fodder like bread. But wholegrain bread contains nutrients that can assist weight-loss. "Chromium reduces your cravings for sweet foods," says Bean, "And zinc keeps your metabolism working at full tilt."

D Fat friends

Not all fats are created equal. "'Good' fat – the stuff that's not saturated – triggers fat-burning rather than fat-storage," says nutritionist Anita Bean. Oily fish, nuts and olive oil are all good-fat go-guys. We'd love to say chips are, too. But we'd be liars. Big fat ones.

E Dairy ask?

Along with bad puns, dairy is good for something else. "Calcium – which increases fat loss in your cells," says Wells. Natural yoghurt, milk and cheese all get the nod. Sugar-packed ice-cream, unsurprisingly, doesn't.

WORDS ROB KEMP, EMMA WELLS (SMARTNUTRITION.COM). PHOTOGRAPHY GARETH SAMBIDGE, GETTY. FOOD STYLING BIANCA NICE. *FOOD PER 100G

PENNE WISE

These five pasta salads, designed by Jennifer McLaughlin executive chef of Carluccio's restaurants, will make your midday meal a nutritious treasure trove

1 The turbo-charger

Ingredients

- 50g wholewheat penne
- 40g baby spinach
- Toasted pine nuts
- 50g shredded turkey breast
- 1 boiled egg

Dressing 20ml olive oil, 10ml white wine vinegar, pepper

Nutrition 506kcal, 28g protein, 33g carb, 6g saturated fat, 6.1g fibre

Reasons to gobble

What better remedy for lethargy than a portion of B-vitamin-rich turkey? Plus, the boiled egg here contains lecithin, which helps turn body fat into energy.

2 The good looker

Ingredients

- 50g spaghetti
- 50g rare roast beef strips
- 25g chopped watercress
- Toasted pine nuts
- 8 cherry tomatoes

Dressing 1tsp balsamic vinegar, 1tbsp olive oil, parmesan cheese

Nutrition 410kcal, 21g protein, 15g carb, 6g saturated fat, 1.5g fibre

A cut above

Got beef with your skin? The beef contains zinc to help sort it out, while the pine nuts are rich in vit E, which helps fight off spots. Tomatoes are full of vit A, which combats dry skin.

3 The screw-driver

Ingredients

- 50g brown pasta
- Chicken breast, shredded
- 4 asparagus spears
- Chopped walnuts
- Flat leaf parsley, chopped
- 30g feta

Dressing Squeeze ½ a lemon, 1tbsp olive oil, pepper

Nutrition 691kcal, 52g protein, 35g carb, 9g saturated fat, 6.6g fibre

Clucking brilliant

The lean protein of the chicken will stoke energy levels. Asparagus will relieve indigestion, while the zinc in feta will improve the mobility of your sperm.

4 The stress-reliever

Ingredients

- 50g farfalle pasta
- ¼ cucumber
- ½ stick celery
- 100g smoked mackerel
- A small handful of chives,

Dressing 2tsp olive oil, 1tsp wholegrain mustard, 1tsp white wine vinegar

Nutrition 658 kcal, 26g protein, 37g carb, 6g saturated fat, 1g fibre

Fish for benefits

Cucumbers really are cool, thanks to a cocktail of calming potassium, choline and silicon. Celery will lower your blood pressure, and fatty acids in mackerel will improve sleep.

5 The belly-cut-essen

Ingredients

- 50g brown fusilli pasta
- 80g tinned tuna
- 50g frozen peas, boiled
- ½ red pepper, thinly sliced
- Lemon rind, grated, squeeze of juice, 1tbsp olive oil
- Flat leaf parsley, chopped
- 8 cherry tomatoes
- A handful of rocket

Nutrition 444kcal, 31g protein, 42g carb, 3g saturated fat, 9g fibre

Stay in tuna

Tuna helps your body produce a weight-regulating hormone called leptin. Peas are high in fibre, which helps you feel full.

PHOTOGRAPHY GARETH SAMBIDGE. STYLING LIBBY REA BROWNLEE. FOR CARLUCCIO'S DELIS AND RESTAURANTS, SEE CARLUCCIOS.COM, CALL 020 7580 3050 FOR YOUR NEAREST CAFE

FOWL PLAY

A new "Ragel" from PT Ray Klerck. This month, a protein-rich muscle builder

1 WHITE BAGEL

Why? It's a quickly digested carbohydrate, which enters your bloodstream fast and drives the amino acids – the building blocks of protein – from the chicken into your muscles. This kick-starts muscle growth and blunts the release of cortisol, a stress hormone that causes your muscles to break down.

2 HANDFUL OF WATERCRESS

Why? Because as your mum used to say, every growing boy needs his greens. The chemical manganese keeps your blood sugar levels balanced and the nutritional information website nutritiondata.com gives the plant 5 stars out of 5 for its ability to help you lose weight.

3 SLICED CHERRY TOMATOES

Why? These sweet and petite morsels fit perfectly on the bagel, adding vitamin B6 which helps your body use the protein from the chicken and cheese to build muscle.

4 JALAPEÑO PEPPER SLICES

Why? These metabolism boosters not only keep your weight down but are loaded with antioxidants and vitamins A and C to keep that summer cold at bay.

5 STEAMED ORGANIC CHICKEN BREAST

Why? The bicep-bulking breast is rammed with 47g of protein and steaming retains more of it than any other cooking method. A 2002 study in the *Meat Science* journal found organic chicken had 38% more omega-3 than battery hens. That should put a feather in your heart's cap.

6 MOZZARELLA CHEESE BALL

Why? One ball provides your RDA of calcium and a 2002 study in the *Journal of the American College Of Nutrition* found that a diet high in calcium will drop your risk of being overweight by as much as 70%.

WORDS RAY KLERCK. PHOTOGRAPHY PETER THIEDEKE. FOOD STYLIST LORNA BRASH

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FINE TUNA

This weight-loss Ragel is your ace in the hole against a wobbly midriff

A WHOLEWHEAT BAGEL 1

Why? The British Heart Foundation says you should eat 18g of fibre a day to keep lean and healthy. One bagel will give you half of this while filling you up. You'd probably get more if the pesky bakers didn't insist on cutting a hole in the middle.

CHOPPED SPRING ONIONS 2

Why? Rich in vitamin C and B1, spring onions help you metabolise carbohydrates for fuel. They're also full of fibre and calcium which both keep you reaching for the tighter belt notches. Just don't expect your lady to come within a two metre radius.

LOW-FAT MILD CHEDDAR CHEESE 3

Why? Cheddar has high levels of protein and calcium without packing the calories of "riper" cousins such as Parmesan and Stilton. A study in *The Journal of Nutrition* found high levels of calcium can help fight obesity. Just as long as your main source isn't a king-size pizza delivery.

TINNED SWEET CORN 4

Why? Full of insoluble fibre to speed up digestion, corn also packs a high dose of vitamin C. A study in the *Journal of The American College of Nutrition* found men who regularly ate their RDA of vitamin C burnt 30% more fat during exercise than those who didn't.

SLICED RED PEPPER 5

Why? These fire up your metabolism. A study in the *Journal of the International Society of Sports Nutrition* found that eating red peppers increased the amount of carbs you burn when resting and exercising.

TINNED TUNA 6

Why? This low-fat protein source is brimming with vitamins B6 and B12. These accelerate digestion which makes you more likely to use your food as fuel instead of storing it as blubber.

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HOW MUCH IS ENOUGH...

OILY FISH?

Feeling green around the gills? Get hooked on fish for mood-boosting, heart-saving, eye-protecting benefits, but also know the limits of scales

TOO LITTLE

The average UK man eats only a third of a 140g portion of oily fish a week, and embarrassingly for a proud sea-faring nation, seven out of 10 of us don't eat any at all. Good news for the fragrancy of our kitchens maybe, but bad news for our health. Why? Because swapping cod for kippers is a health boost on a par with getting free BUPA membership thrown in with your treadmill. The key, according to the experts, is the "good" fat in oily fish which contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Aside from being Scrabble master strokes and carrying minimal risk of flashbacks, these acids reduce your risk of stroke-inducing blood clots.

"They also help lower blood triglyceride levels, lowering the risk of your arteries furring up," says Dr Charmaine Griffiths of the British Heart Foundation. White fish (cod, haddock, etc) store these good fats in their livers, but oily fish store their healthy, heart-disease fighting fats throughout their bodies. This makes their flesh much more nutritious, not to mention rather better for sharing with dinner guests than cod liver oil capsules. Put simply: "Eating oily fish is an easy way to reduce your risk of heart disease," says Sir John Krebs of the Food Standards Agency.

There are over 20 types of oily fish on the menu, including mackerel, herring, salmon, fresh tuna, sardines and trout, with varying amounts of EPA and DHA. Mackerel, for example, contains five times more EPA than brown trout. But the British Nutrition Foundation recommends eating a variety of single portions to give yourself the optimum amount and balance of heart-saving oils. The BNF also big up tinned sardines. Not because they've got a job lot to flog, but because 140g of this high-EPA, high-DHA fish comes with the added bonus of delivering at least 65% of your RDA of calcium – making it a must-have snack, unless you're on a busy train.

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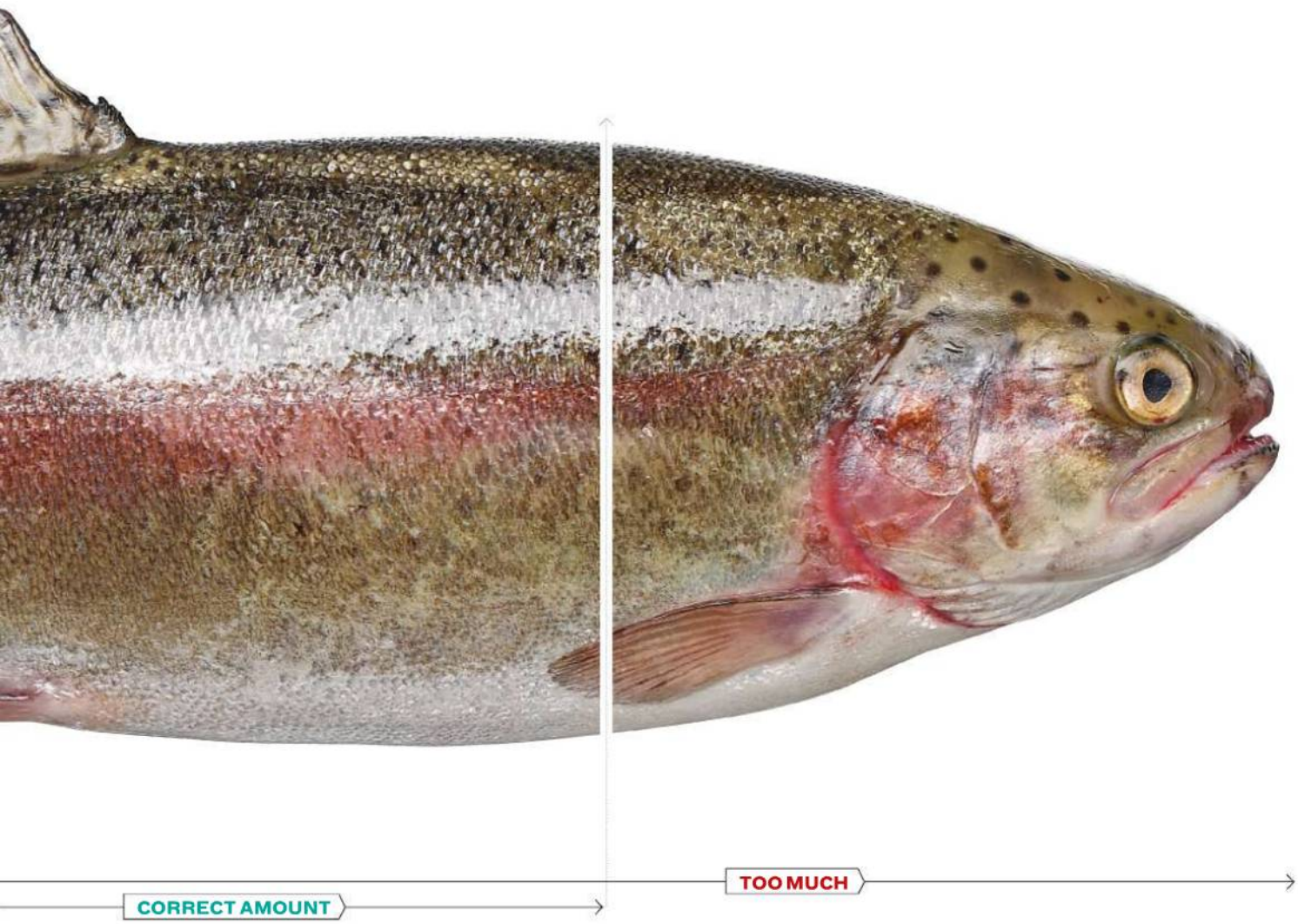

Aside from protecting your heart, up-scaling to four 140g portions a week can greatly reduce your risk of going blind through macular degeneration, according to studies by the University of Sydney and Harvard Medical School. Research at Wake Forest University in North Carolina also shows that fatty acids found in mackerel, herring, sardines and tuna fight prostate cancer.

While they're packed with loads of good fats, oily fish have less undesirable lard than a catwalk model. And unlike Kate Moss, they always bring *natural* uppers to the party.

"In fish, anaemia-combating iron comes in its more easily-absorbed form," says nutritionist Lyndel Costain. "Herring, mackerel and sardines are also top sources of vitamin D, with qualities including better calcium absorption." Research from the Department of Physiology at Rohtak Medical College in India even shows that it improves virility. No wonder they come in such big shoals.

Before you get too friendly with your local fishmonger, a word of warning: Overdosing on oily fish could have a lot worse effects than leave you smelling like Grimsby in a heat wave. Serious concerns that herring and salmon in particular contain high levels of cancer-causing environmental pollutants led to a recent Food Standards Agency commissioned study to weigh up the benefits and risks of eating oily fish. The results led the FSA to set a maximum consumption level of no more than four 140g portions a week. "Eating more than this level may not be harmful, but the risk/benefit equation becomes less clear," says Krebs.

"Stay within the guidelines though, and the weight of medical research shows the benefits, particularly in protecting against heart and circulatory disease, far outweigh any risks," adds Dr Mike Knapton, director of prevention and care at the British Heart Foundation. Just watch out for those bones.

PHOTOGRAPHY PSC

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Nutrition Bulletin

+ Drink herbal tea, avoid colds
+ Grip harder with spinach
+ Save money by eating cereal
+ Eat cherries, defeat heart disease
+ Fight flu with Brazil nuts

The secret of Popeye's clutch control

GO GREEN TO GET A GRIP

For squishing cans with his bare hands, Popeye can thank their green contents. New research from Rutgers University shows spinach improves your strength by 24%. Just one portion is enough to increase protein synthesis in your muscles by a massive 20% – and it's all thanks to the phytochemical beta-ecdysterone in the green leaves. No word yet on how to keep Bluto's hands off your gal...

GO NUTS – GET LEAN AND HEALTHY

Eating peanuts can save your life and slim your stomach at the same time. Studies published in the *Archives of Internal Medicine* found that men who ate peanuts four times a week were 50% less likely to die from both a heart attack and sudden cardiac death syndrome, and lowered their 'bad' cholesterol levels by 10 to 15 points. A separate study at Purdue University, Indiana, found that 500 calories of peanuts a day (about a handful) provided heart-healthy folates, fibre and magnesium, and a higher satiety level than other foods to stop you snacking and boost your metabolism.

Peanuts will get to the heart of the matter

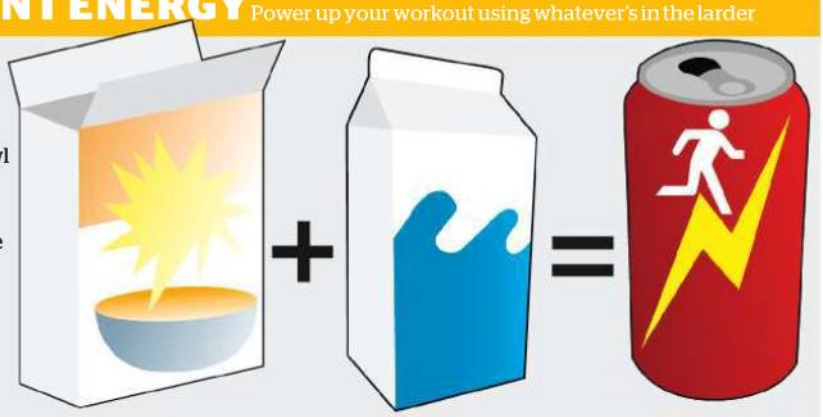
FACTS OF LIFE

20 The percentage a daily portion of cherries can cut your risk of heart disease by, according to research by the University of California.

COST-EFFICIENT ENERGY

Power up your workout using whatever's in the larder

For replacing energy and synthesising muscle protein, expensive sports drinks aren't much better than a simple bowl of wholegrain cereal and milk. Researchers at the University of Texas at Austin assessed the effects of foods versus sports drinks and found that some aspects of protein synthesis were actually better for those who ate cereal.



GIVE FLU THE COLD SHOULDER

EAT YOUR WAY TO A HEALTHIER WINTER

MUSHROOMS
Magic after all, they contain proteins called cytokines that could help the body defend itself against viruses, according to research from Tufts University in the US. Which fungi have these beneficial effects? Ordinary button mushrooms, available at your local supermarket.

PROBIOTIC YOGHURT
Researchers at Curtin University of Technology in Australia have found that a daily probiotic yoghurt drink prevents diarrhoea, one of the symptoms of gastroenteritis, otherwise known as stomach flu.

CHAMOMILE TEA
Imperial College London scientists found that men who drank five cups of the herbal tea each day had significantly higher levels of phenols – antibacterial substances which help fight off colds and diseases – than those who didn't.

BRAZIL NUTS
The micronutrient selenium will provide you with all-round protection against influenza, according to recent research from the University of North Carolina. Where can you find this nutritious mineral? Three Brazil nuts per day will give you your recommended daily amount. Football, supermodels and superfoods – is there nothing they cannot do?

WORDS NICKY WILLIAMS. PHOTOGRAPHY GETTY, REX. ILLUSTRATION ROB MILTON

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+ Beat hay fever with broccoli
+ Strengthen your bones with lettuce
+ Eat eggs to your heart's content
+ Build strength with Brazil nuts
+ Honey is sweet music to your bones

Nutrition Bulletin

FRIED EGGS LOWER BLOOD PRESSURE

Have your eggs sunny side up. University of Alberta scientists found that frying these yolky breakfast treats causes more of the ACE inhibitory peptides to be released. These compounds dilate your blood vessels, lowering blood pressure and so reducing your risk of heart attack. The researchers believe that it is the intense heat of the frying pan that triggers the welcome release of heart help.

Fry your way to a healthier heart

FACTS OF LIFE

35 **The total percentage of your daily recommended amount of vitamin C that you get from one small potato**
The State University of New York

Kitchen Medicine

HONEY STRENGTHENS YOUR BONES

The humble toast-spread helps calcium boost your bones Purdue University researchers have found. The theory is that the amino acids in honey make calcium more absorbable.

BRAZIL NUTS INCREASE STRENGTH

Reports in *The American Journal of Clinical Nutrition* have linked low levels of selenium to decreased muscle strength. Keep yourself from becoming limp-wristed by snacking on Brazil nuts, the richest natural source.

LETTUCE PREVENTS FRACTURES

A daily portion of lettuce reduces your risk of a painful bone fracture by 45% found researchers at the Framingham Heart Study. The reason: lettuce is packed with vitamin K, which increases your bone mineral density.

TAKE A DEEP BREATH AND GO GREEN

Breathe easier with broccoli say University of California researchers. They found men fed 500g of Stewie Griffin's least favourite veg for three days showed a 200% rise in antioxidants in their nasal cells. The scientists believe these fight off the inflammation that causes allergies and asthma. The best way to get your fix? Steamed. Studies in the *Journal of Agricultural and Food Chemistry* found it's the best best way to preserve nutrients.

DRINK TO YOUR HEALTH

Scientists from *The American Journal of Clinical Nutrition* pored over each and every beverage type, ranking them for their nutrition, calorie content and health risks. Use this chart to gain optimum nutrition from your drinks, every day

13	8	2	2	1
Glasses of bottled or tap water, to gain optimum hydration	Cups of unsweetened tea for free-radical fighting antioxidants	Glasses of milk, for calcium without overdoing the fat	Glasses of orange juice - the vitamin C helps repair cells	Can of cola - plenty of instant energy, but overdo it at your peril

WORDS NICKY WILLIAMS. PHOTOGRAPHY GETTY. DIGITAL IMAGING PRE MEDIA. ILLUSTRATION ROB MILTON

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BLADES OF GLORY

Sharpen up your culinary arsenal with some Michelin-starred advice. This cutting-edge quintet will save you valuable kitchen time

WORDS ANNA LONGMORE. PHOTOGRAPHY LOL KEEGAN.
ADAM BYATT IS CHEF-PATRON OF LONDON'S TRINITY RESTAURANT. TRINITYRESTAURANT.CO.UK

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CHEF'S KNIFE

Every chef's best friend. Every carrot's worst enemy. "This is the all-purpose knife you'll be using the most. It needs to be durable, plus easy to sharpen and clean," says double Michelin-starred Bjorn van der Horst.
Chef's recommendation Four-star chef's knife, £62 **Henckels** (cooks-knives.co.uk). "Forged German steel will last you a lifetime if it is well taken care of," says van der Horst.

BREAD KNIFE

Ironically, the meatiest of them all. "The blade and handle of a good bread knife should be weighty so you don't have to apply too much pressure, risking a squashed loaf," says van der Horst. "Choose a good, long serrated blade," adds Miney. Around 23cm (9in) is ideal for an assault on a regular-sized bloomer.
Chef's recommendation Advanced bread knife, £26 **Anolon** (hartsofstur.com). "Tough, durable, and well-weighted – the ideal bread knife," says Miney.

PARING KNIFE

The smallest weapon in the chef's armoury, this blade is made for the kitchen's fiddlier jobs. "You should be spending £30 on a decent one," says Miney. "Good quality steel requires less force behind it, so you won't slip and cut yourself. Chefs tend to tape cardboard around the business end of the blade when not in use."
Chef's recommendation paring knife, £32 **Wüsthof Trident** (richmondcookshop.co.uk). "It stays sharper longer," says Miney.

BONING KNIFE

Removing the bones from meat and fish requires a top-quality cutter. You're aiming to part the meat from the bone. "A short blade means you're closer to the bone," explains David Miney, chef-director of Bincho Yakitori in London's Oxo Tower.
Chef's recommendation Boning knife, £99 **Suisin Honesuki** (japaneseknife company.com). "Japanese steel tends to sharpen better than German," says van der Horst.

CARVING KNIFE

Carving a joint is one of the few moments you get to show off your knife skills. "You want a thin blade for ease of use, long for even slicing and sharp so you slice cleanly through meat without ripping into the fibres," says van der Horst. "A large blade is essential – you don't want to be hacking," says Miney.
Chef's recommendation Carving knife £70 **Global G Series** (johnlewis.com). "The pros go for Global," says van der Horst.

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THE MAGIC BULLETS

Go with the flow to choose the vitamin that's right for your fitness goals

START

ARE YOU A VEGETARIAN?

YES

VITAMIN B12

If your menu has about as much meat on it as Nicole Ritchie, you're missing out on vitamins B12 and D, calcium, iron, zinc and fun.

YOU NEED:

Vitamin B12. "It's found in animal products, so veggies may need a supplement to avoid anaemia," says blood specialist Dr Rachel Green. (Holland & Barrett, £2.79 for 100 tablets).

NO

ARE YOU A JUNK-FOOD JUNKIE?

NO

C-BURST

When you burn so much fuel, you rapidly use up your vitamin C; an important nutrient for athletes because it helps repair muscle.

YOU NEED:

One 200mg vitamin C tablet will give a burst equal to three medium-sized oranges. Try Boots chewable vitamin C to up your daily intake (£1.75 for 60 tablets).

YES

VITA-MINERALS

If the only greens you eat are Big Mac gherkins, you are one of the 85% of us who don't eat five a day. You need some vitamins and minerals fast.

YOU NEED

Wellman by Vitabiotics (£7.95 for 30 tablets). Designed especially for blokes, it packs all the major "vita-minerals", including Co-enzyme Q10, ginseng and L-Carnitine.

TIRED FROM ALL THE SPORT YOU PLAY?

YES

NO

SO YOU'RE HUNGOVER AGAIN, RIGHT?

NO

VITAMIN A

If you're always sicker than a gangsta's rhymes, you need 5000 IU-worth of vitamin A to regulate your immune system and fight infections. Fo sho.

YOU NEED:

"Too much vitamin A can weaken bones," says Topp. Solgar Vitamin A (£10.09 for 100 tablets) lays on just enough, so you won't end up with brittle Twiglet legs.

YES

YES

VITAMINS C & B1

Vodka starter, lager main course, scotch dessert. Dee-licious. Trouble is, all that alcohol stops you absorbing vital vitamins and rots your liver.

YOU NEED

"Down vitamins C and B1 before you drink," says nutritionist Timo Topp. "They'll help neutralise alcohol by-products in your system." Try Berocca (£4.89 for 15 tablets).

YOU'RE JUST PLAIN TIRED?

Mr Tea

He pities the fool who prefers coffee

I find green tea too bitter. Is there a better alternative?
DAVID, CARDIFF

Green tea? GREEN tea? Mr Tea is getting pretty damn hot under his dukey-ropes with fools who wanna jibba-jabba about all the healthy attributes of green tea. Read my leaves suckers – green tea is for punks and I'll be tellin' yo ass that until the cows come a shittin' in y'all backyards.

For Mr Tea's unmarked dollar bills, green is the colour of fork-tongued snakes mofos, stinkin' crocodiles and corrupt agents of the US Military. Green tea gets its ass whupped 100 times over by the white stuff. Hell, why don't you just let Mr Tea to refer you to brainy microbiologist sucker Dr Milton Schiffenbauer – the dude's got smarts:

"Green tea stimulates your body's immune system to fight against disease," he says. "But our research shows that white tea extract can destroy organisms that cause disease." So take it from me, tea, and my brain man Schiffmeister; y'all better off suppin' back the white stuff to give yo' guts the headstart 'gainst them bugs. Leave the green tea for unblockin' sinks. Y'all heard it here first. Happy suppin'.

Pick up Birt & Tang White Peony White Tea (£2 for 25 bags) and save Mr Tea the trouble of referring you to my good friend Dr Pain.

PHOTOGRAPHY GETTY, REX. ILLUSTRATION SHIBUYA AT DUTRCH UNCLE

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LIVER LET LIVE

Been battering your drinking organ like Ricky Hatton with a point to prove? Here's how to send the feller back on the road to recovery...

PHOTOGRAPHY STUDIO 33, GETTY

1 WAKE UP AND SMELL THE COFFEE

According to a study in the Journal of the National Cancer Institute, drinking one to two cups of the black stuff halves your risk of liver cancer. UK research also found medium-roasted coffee has higher antioxidant activity than dark-roasted. And no, Irish coffee doesn't count...

2 LEARN FROM LAGER LOVERS

Germans – no strangers to drenching their bodies with booze – swear by a lame-sounding herb for liver stability. Milk thistle capsules, loaded with silymarin, help patch up liver damage. (£9.99, for 100 capsules, www.hollandandbarrett.com).

3 KNOW HOW TO TAKE A JAB

Hepatitis A could leave you in a worse state than George Best. "Ask your GP for a Hep A vaccination four to six weeks before you travel to Southern or Eastern Europe, Africa, the Middle or Far East," advises the British Liver Trust.

4 SHAKE IT UP!

Tests on rats have shown that protein supplements help repair damaged livers. "This may also apply to humans," says Professor Harihara Mehendale of the University of Louisiana, USA. After your visit to Dr Dumb-bells, neck a protein shake containing whey and glutamine.

5 GO GREEN

Remember the green stuff that used to make Popeye hard? No, not Olive – spinach. US research suggests a daily helping will boost your liver's immunity to the effects alcohol. If you don't fancy spinach, kiwi fruit and asparagus are also excellent sources liver aid.

6 WAIST NOT, WANT NOT

Sporting a lard cummerbund? It could be more than just your trousers that are suffering. Cut the likelihood of liver disease by eating 200g of yoghurt a day. "It could reduce your chance of developing a fatty liver," says Anna Mae Diehl, a professor at Johns Hopkins University, USA.

Q&A

Do Probiotic Drinks really give me a health kick?

Professor Edzard Ernst of the Peninsula Medical School in Exeter has the answers

Don't believe the hype

You'll have been told probiotics – anything that puts "friendly" bacteria into the gut – can perform all manner of digestive miracles. Many of these claims aren't scientifically substantiated and tangible results really depend on the amount, quality and in what form they're consumed. Low-dose liquid probiotics, for example, will be neutralised by stomach acids. So take capsules – the shell will dissolve but not the bacteria inside.

Handy on the runs

Recent scientific evidence suggests probiotics may prove useful in non-illness specific diarrhoea. You lose your digestive bacteria when you've got the runs and probiotics can restore the balance. However, claims they can combat Crohn's disease and irritable bowel syndrome are not backed up by conclusive evidence.

Putting bacteria back

Antibiotics zap bacteria in the gut and taking a probiotic supplement may help rebuild the levels. So if you're feeling pony, they'll help you canter back to full fitness.

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NAME TOM AIKENS

SUBJECT FISH SUPREMO

COD COMPLEX

Top chef Tom Aikens has shared the secrets of his much praised Chelsea restaurant, Tom's Kitchen, in his latest book, *Fish* (Ebury Press).

"LAY THE GUTTED FISH ON ITS SIDE, CUT RIGHT DOWN THE BELLY TO THE TAIL AND THEN SPREAD IT OUT LIKE AN UPTURNED BOOK. PRESS FIRMLY DOWNWARDS ALONG THE WHOLE LENGTH OF THE BACKBONE AWAY FROM THE FLESH, CUT THROUGH THE BONE AS CLOSE TO THE HEAD AS POSSIBLE AND REMOVE IT, WITH THE RIBCAGE BONES ATTACHED. FINALLY, REMOVE ANY REMAINING BONES WITH TWEEZERS."

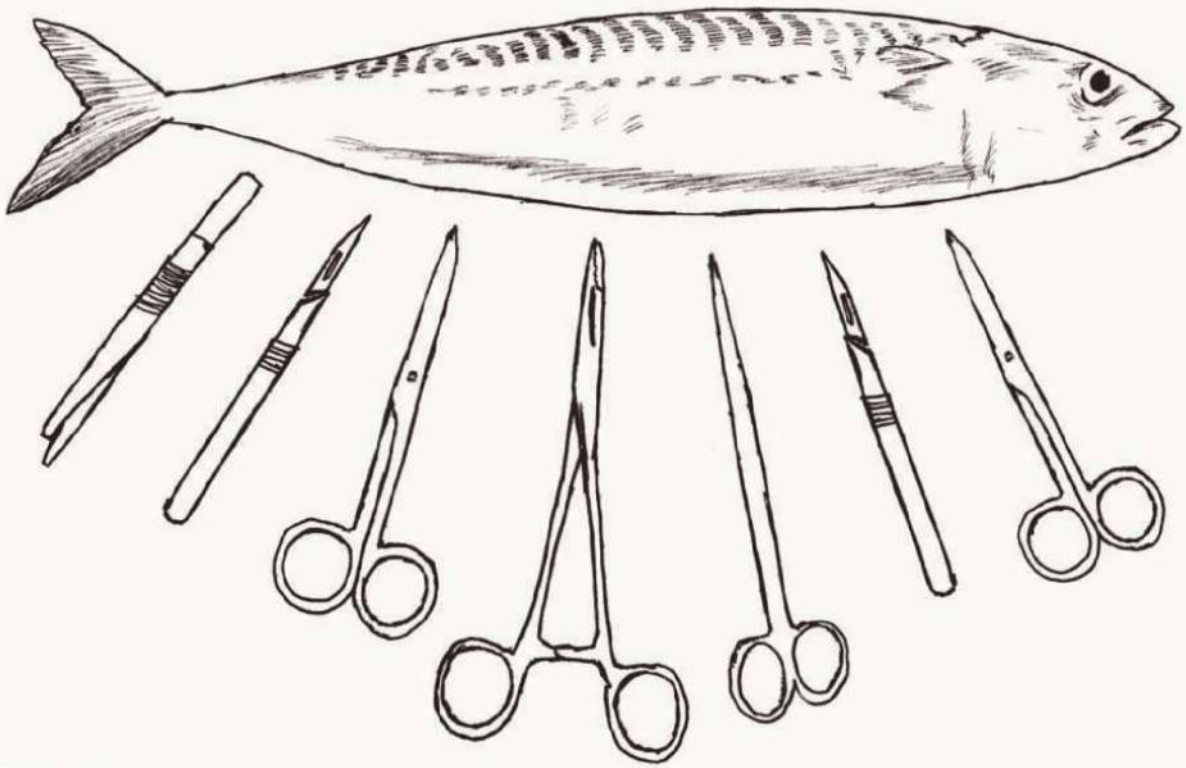

ILLUSTRATION BILLIE JEAN AT AGENCY RUSH

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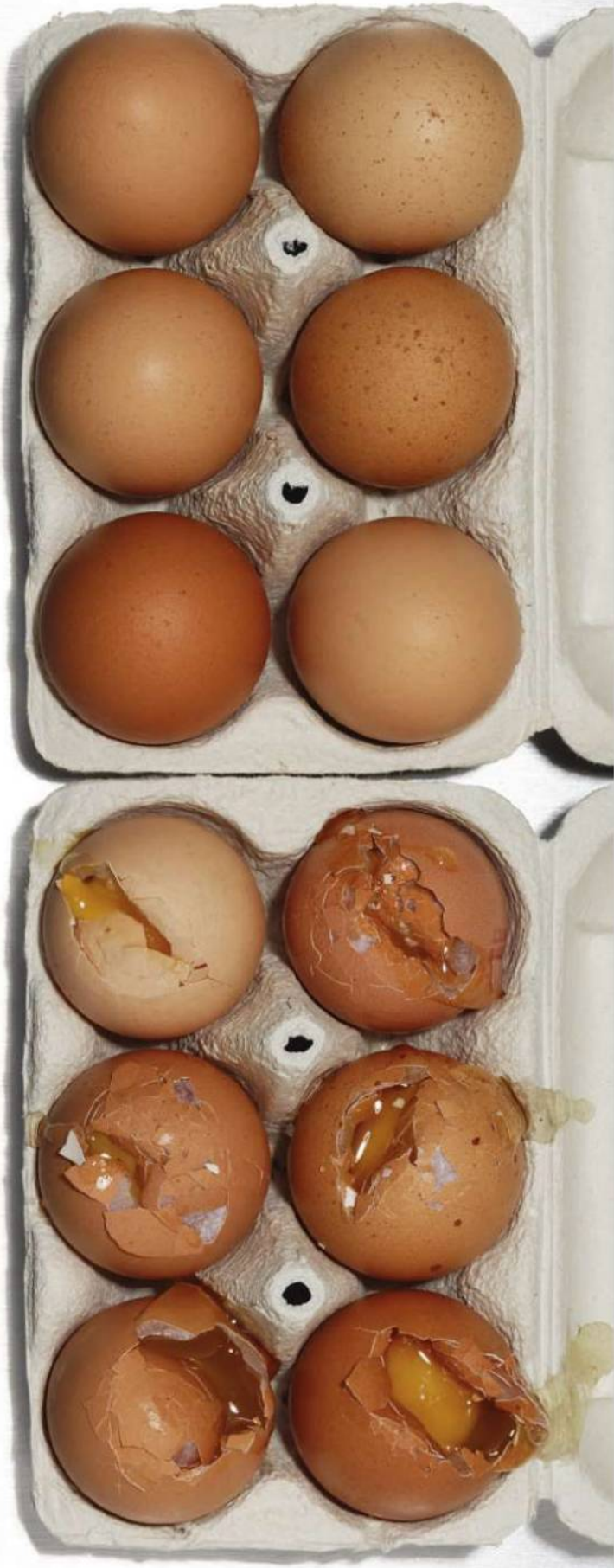
HOW MUCH IS ENOUGH...

EGGS?

Are they keeping you in cracking shape or are you scrambling your health?



NOT ENOUGH... LESS THAN THREE A WEEK

Lay off the scramblers and your nerves could be fried. One humble egg has more than your recommended daily requirement of vitamin B12. "This is essential for forming the protective coating around your nerves," says Amanda Ursell, nutritionist and author of the Complete Guide To Healing Foods (Dorling Kindersley). "A deficiency can lead to irreversible nerve damage."

More of an eye-opener: two recent US studies in the Journal of Nutrition found eating at least three eggs every week combats blindness in later life. It's all thanks to lutein and zeaxanthin – not Dr Who baddies, but carotenoids found in egg yolk that strengthen your retinas.

ENOUGH... SIX A WEEK

Omelettes should be available on prescription: by helping your body absorb calcium, eggs cut your risk of osteoporosis and can prevent heart disease due to their selenium and vitamin E content. They can also stop you becoming egg-shaped. Louisiana State University research found egg-breakfast eaters lost 65% more weight than those who consumed eggless breakfasts equal in calories.

"The protein can increase your feelings of fullness by up to 50% and subsequently lighten lunch intake by an average of 164 calories," says study author Nikhil Dhurandhar. You may pile on a pound or two in the right places though. Research from Texas A&M University found eating three eggs a day twice a week doubled lean muscle in gym-goers over a period of 12 weeks. And cholesterol?

"Eggs do contain cholesterol," explains British Dietetic Association dietician Pamela Dyson, "but it has less affect on cholesterol levels in your blood than the amount of saturated fat you eat."

Recent research from the University of Connecticut found eggs cut LDL (bad) and raise HDL (good) cholesterol and therefore lower the risks of heart attack or stroke.

TOO MUCH... MORE THAN SIX A WEEK

Good eggs can go bad when you exceed one a day, everyday, according to a US physicians' health study published in the American Journal of Clinical Nutrition. "Whereas the consumption of up to six eggs a week was not associated with the risk of all-cause mortality, the consumption of seven or more eggs a week was associated with a 23% greater risk of death," says Dr Michael Gaziano of the Harvard Medical School, who authored the report. And among men who suffered from diabetes, any egg consumption at all was associated with a higher risk of death. So an egg a day could keep the doctor away – that is, unless you are already a regular on his list of house calls.

WORDS ROB KEMP. PHOTOGRAPHY LOL KEEGAN

SEX ON A STICK

Get the ladies flocking round you with this easy-to-make surf'n'turf super-skewer

HOW IT WORKS

Nutritionist Denise Chester explains the magic behind the meal

Feel the buzz Ginger and chilli stimulate your brain to make your conversation skills fizz. You then get an energy rev from beef's triple-hit of zinc, iron and B vitamins, while tryptophan juices your mood.

Head start Did sir want hair in his food? Thought not. Cue soy, thought to counteract male pattern baldness. You avoid a face that'll scare the ladies thanks to onion's allium and beef's zinc, which swab up zit-causing bacteria and oil.

Sexy time Prawns are the clincher: they spark a natural high caused by a boost in pleasure-chemical dopamine and the aphrodisiac phenylethylamine. You did remember to invite girls, yes?

COOK IT

Impress BBQ guests by throwing it together in super-fast time

■ INGREDIENTS

500g rump steak, cubed, 500g large prawns, 1 large red pepper, 1 large yellow pepper, 1 large red onion (serves 5).

■ MARINADE

2tbsp sherry, 2tbsp rice wine, 75ml soy sauce, 75ml hoisin sauce, 3 cloves garlic, chopped, 1 red chilli, chopped, 1 ½ tbsp grated fresh root ginger, 3 spring onions, trimmed and finely chopped.

■ NUTRITION

397kcal, 49g protein, 14g carb, 15g fat, 2g fibre (per skewer).

■ WHAT TO DO

Cut the meat and veg into 1-2 inch cubes and thread on to metal skewers. Transfer them to the marinade, coating well, cover with cling film and marinate for at least 2½ hours. BBQ over hot coals, turning frequently, for 10-15 minutes.

BOOZE CHOOSER

G&T or cider? Make sure you're swigging the right drink

BEER BELLY?

242KCAL
G&T contains the same calories as a four-finger KitKat. Alcohol calories are empty - booze has zero protein or fibre.

210KCAL
"Magners makes you feel bloated because of the sheer volume," says Emma Wells of smartnutrition.co.uk.

FOOD CRAVINGS?

19g SUGAR
Gin is sugar-free, but mixers aren't. Expect a sugar crash - you'll be eating burnt bangers like a tramp.

11.4g SUGAR
The apple tang means less sugar. A pint of Magners is also likely to last you longer, thanks to its fizzy body.

HANGOVER?

8%
High alcohol content means just two G&Ts puts you over your recommended daily limit.

4.5%
You're consuming more alcohol drink for drink meaning a bigger hangover. Avoid drinking games.

What's in season now?

PIKE

- One of nature's leanest protein hits? ✔
- Easier to catch in the summer? ✔
- Steam or poach to improve texture? ✔
- Laugh at guests choking on its bones? ✖

BLUEBERRIES

- Brilliant self-explanatory name? ✔
- Fight cancer and brain disease? ✔
- Lower cholesterol and help your heart? ✔
- Naturally occur in muffins? ✖

WORDS ANNA LONGMORE. PHOTOGRAPHY PATRICE DE VILLIERS. STYLING SEIKO HATFIELD. ADDITIONAL PHOTOGRAPHY GETTY. GET MORE FROM DENISE CHESTER AT THENUTRITIONCOACH.CO.UK

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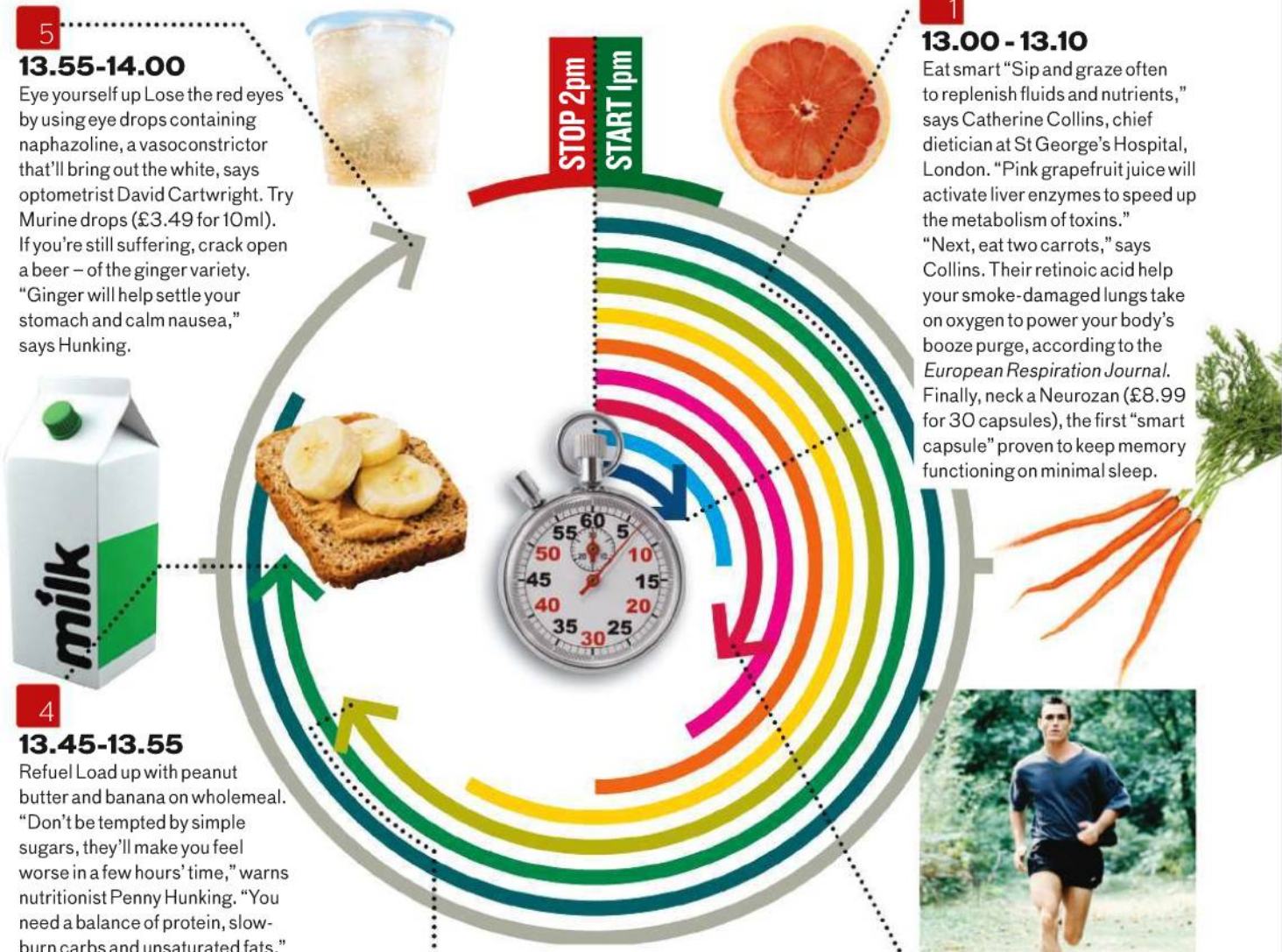
60 MINUTES TO... BEAT YOUR HANGOVER

Big night? Minimise the damage, get over the after effects and work off that ill-advised stumble to the golden arches with the drinking man's lunch-time plan



1

13.00 - 13.10

Eat smart "Sip and graze often to replenish fluids and nutrients," says Catherine Collins, chief dietician at St George's Hospital, London. "Pink grapefruit juice will activate liver enzymes to speed up the metabolism of toxins."

"Next, eat two carrots," says Collins. Their retinoic acid help your smoke-damaged lungs take on oxygen to power your body's booze purge, according to the *European Respiration Journal*.

Finally, neck a Neurozan (£8.99 for 30 capsules), the first "smart capsule" proven to keep memory functioning on minimal sleep.

2

13.10-13.20

Hit the street Aside from removing your blotchy mug from senior eyes, "a 10-minute brisk stroll will open your airways and pull replenishing nutrients into your system," says the English Institute of Sport's Ally McDonald. "Focus on posture and breathing – imagine there's a line pulling your head up and count to three on each in and out-breath."

3

13.20-13.40

Go Nordic No sauna required. Dublin City University research shows Nordic ski machines burn almost as many calories as the treadmill, but you're twice as likely to do a full 20-minute session. This will help process toxins faster and burn off some of last night's ill-advised culinary delights. "Plus, it's a non-impact exercise, so it's gentler on your stomach," says personal trainer Jonathan Lewis.

4

13.45-13.55

Refuel Load up with peanut butter and banana on wholemeal. "Don't be tempted by simple sugars, they'll make you feel worse in a few hours' time," warns nutritionist Penny Hunking. "You need a balance of protein, slow-burn carbs and unsaturated fats." Peanut butter has the perfect ratio of 40:30:30. Bananas are easily digested and re-stock booze-leeched B vitamins. Wash it down with semi-skimmed milk. Scientists at Stanford University, USA, found calcium binds with lingering saturated fat molecules to flush them out. Good news for stifling your burgeoning beer gut, bad news for the occupant of the next cubicle...

5

13.55-14.00

Eye yourself up Lose the red eyes by using eye drops containing naphazoline, a vasoconstrictor that'll bring out the white, says optometrist David Cartwright. Try Murine drops (£3.49 for 10ml). If you're still suffering, crack open a beer – of the ginger variety. "Ginger will help settle your stomach and calm nausea," says Hunking.

WORDS MATTHEW BARBOUR, IMAGES GETTY, REX

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THE BEER HUNTER

It's a tough job but *MH* has scoured the country for the 16 healthiest brews on the market. Here, the best of the best slug it out to be crowned *MH* Beer of the Year 2010

BLACK SHEEP

GUINNESS

DARK BEERS

Guinness vs Black Sheep

Calories 36kcal vs 54kcal

Benefit "The malt-rich Black Sheep Riggwelter is replete with energy-boosting B-vitamins," says nutritionist Dr Simone Laubscher (rejuv.co.uk).

Taste Despite its higher calorie count, Riggwelter delivered the knockout punch on the taste test.

WINNER BLACK SHEEP

MEANTIME

THORNBRIDGE

INDIA PALE ALE

Meantime IPA vs Jaipur IPA

Calories 43kcal vs 51kcal

Benefits "IPA is lower in calories and traditionally rich in virus-killing, cancer-crushing polyphenols," says Des Mulcahy, founder of the UK's new-wave beer festival (beerexposed.com).

Taste Meantime sails through on our taste test.

WINNER MEANTIME IPA

CUSQUEÑA

CARLING

LAGERS

Cusqueña vs Carling 99

Calories 40kcal vs 33kcal

Benefits Carling ('99' denotes the calories per bottle) is certainly slimline, and also contains considerably less carbs than the Peruvian brew.

Taste Cusqueña impressed with its refreshing crispness, but it's too late to catch its leaner rival.

WINNER CARLING 99

STINGER

CHALKY'S BITE

HERB BEER

Stinger Organic vs Chalky's Bite

Calories 43kcal vs 33kcal

Benefits The fennel in Rick Stein's Cornish fennel beer actually fortifies your liver.

Taste Hugh Fearnley-Whittingstall's organic nettle ale is a mean barbecue brew but Stein's tipple has more bite.

WINNER CHALKY'S BITE

QUARTER FINAL

Meantime IPA vs Black Sheep

Calories 43kcal vs 54kcal

Benefits "The bottom line is, the darker the beer, the more antioxidants and B vitamins it contains," says Dr Laubscher.

Taste "Meantime is very bitter. Black sheep boasts roasted caramel and banana flavours – a luscious beer," says Mulcahy.

WINNER BLACK SHEEP

QUARTER FINAL

Chalky's Bite vs Carling 99

Calories 33kcal vs 33kcal

Benefits "Sticking closer to nature wins for your health every time," says Dr Laubscher referring to Chalky's Bite.

Taste Chalky's ages in the bottle, unlike Carling. "This means more yeast and more flavour," says David Long of the British Beer & Pub Association (beerandpub.com).

WINNER CHALKY'S BITE

Dark ales are usually richer in B vitamins, iron and zinc

SEMI-FINAL

Chalky's Bite vs Black Sheep

Calories 33kcal vs 54kcal

Benefits "Dark ales like Black Sheep are usually richer in B-vitamins, with iron and zinc in there too," says Dr Laubscher.

Taste Amazingly light and fresh, Chalky's is an excellent beer-garden tipple. Man's best friend wins while the sun shines.

WINNER CHALKY'S BITE

FINAL

CHALKY'S BITE VS DAAS ORGANIC WITTE

The slick, cosmopolitan Belgian – all fruity, spicy aromas and dry finish – meets Cornwall's slobbering Chalky. He's got bite – 6.8% of it – but 20% fewer calories and half the carbs, as well as top marks on the taste test. So it's our four-legged friend who ultimately gets his paws on the trophy.

TOP OF THE HOPS CHALKY'S BITE

WORDS ANNA LONGMORE. ED CHIPPERFIELD. PHOTOGRAPHY STUDIO 33

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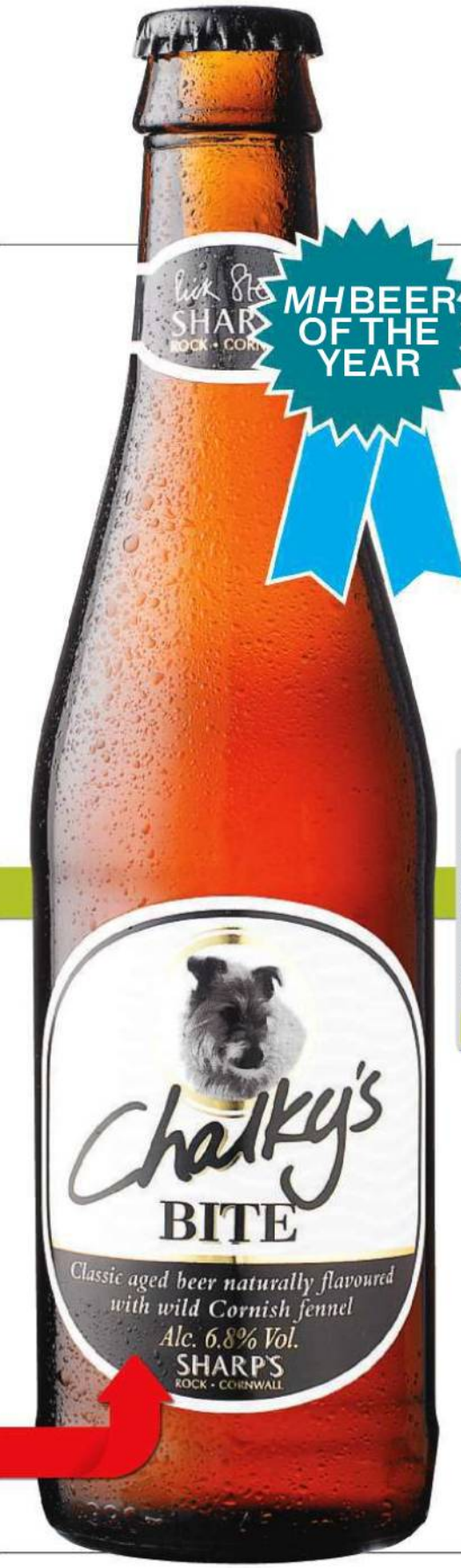

WHITE BEER
Daas Organic Witte vs Vedett

Calories 41kcal vs 44kcal
Benefits Witte retains its yeast as sediment in the bottle. "More yeast means more B-vitamins," says Dr Laubscher.
Taste Daas is the fuller bodied of the two and is lighter in calories too, securing its victory.

WINNER DAAS WITTE

DAAS

VEDETT

QUARTER FINAL
Daas Organic Witte vs Liefmans Kriekbier

Calories 41kcal vs 58kcal
Benefits There's no disguising the fact that the Kriekbier weighs in at 6% ABV, with nearly 50% more calories than its Belgian compatriot.
Taste The cherry bomb blew us away, but it didn't taste so good the following morning... ouch.

WINNER DAAS WITTE

FRUIT BEER
Boon Kriek vs Liefmans Kriekbier

Calories 44kcal vs 58kcal
Benefits Boon Kriek may contain 10% pure cherry juice but Kriekbier knocks it into touch with 13kg of fresh cherries per 100 litres.
Taste "Beers with whole fruit have fuller flavour," says Mulcahy.

WINNER LIEFMANS

LIEFMANS

BOON KRIEK

SEMI-FINAL
Golden Promise vs Daas Witte

Calories 34kcal vs 41kcal
Benefits "The organic Witte will preserve more of its nutrients in brewing," says Dr Laubscher, "making it easier to digest."
Taste The muscular Belgian screams for more attention. Like a young Van Damme.

WINNER DAAS WITTE

NON-ALCOHOLIC
Becks Alcohol-Free vs Cobra Zero%

Calories 20kcal vs 24kcal
Benefits "It all comes down to carb content with non-alcoholic beers," says Dr Laubscher. And with just 6.5g per bottle compared to 11.8g, Cobra slithers ahead.
Taste Cobra is crisp and well-bodied," says Mulcahy.

WINNER COBRA

BECK'S FREE

COBRA ZERO

QUARTER FINAL
Golden Promise vs Cobra Zero %

Calories 34kcal vs 24kcal
Benefits "A zero-alcohol beer will be over-refined. Unless you're on a restricted calorie diet, go natural," says Laubscher.
Taste Brave Cobra Zero% tastes nearly as good as an actual beer. But it cannot match the complexity of Golden Promise.

WINNER GOLDEN PROMISE

GOLDEN ALE
Adnams East Green vs Caledonian Golden Promise

Calories 35kcal vs 34kcal
Benefits Golden Promise, is as earthy as it gets. "Less pesticides mean less toxins," says Laubscher.
Taste East Green's citrus taste was well received, but it's pipped by the malty flavour of Golden Promise.

WINNER GOLDEN PROMISE

CALEDONIAN

ADNAMS

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VINO FOR VICTORY

Drink your way to instant health with this medicine cabernet

1 CABERNET

Impress your date

"Declare it will have hints of mint, pepper and occasionally cedar wood notes," says wine expert Matthew Jukes (expertwine.com)
Health benefits Cabernet grapes are packed full of the antioxidant resveratrol.
Complements... rich game.

2 SHIRAZ

Impress your date "This heaviest of reds hits you with a rich blend of chocolate, pepper and dark berries," says Jukes.
Health benefits Researchers at the University of Glasgow say Shiraz is a more powerful antioxidant than vitamin E.
Complements... steak. An excuse to eat more meat? Go on then.

3 PINOT NOIR

Impress your date

"Point out the fantastic 'barnyard' smell – all cherries and stewed fruit," says Jukes.
Health benefits US research found that Pinot Noir is packed with polyphenol compounds that help fight oral bacteria.
Complements... risotto, lasagne, risotto: basically everything.

4 PINOT GRIGIO

Impress your date "The Pinot Gris grape is red, but this lovely wine is white, with a crisp style for light dishes," says Jukes.
Health benefits "Pinot Grigio can significantly reduce your systolic blood pressure," says nutritionist Emma Wells (smartnutrition.co.uk).
Complements... seafood.

5 CHARDONNAY

Impress your date "If it's oaked, it will have a buttery, creamy flavour," says Jukes.
Health benefits The University of Montpellier found Chardonnay contains numerous polyphenols, which clear the fatty build-ups from your arteries.
Complements... oily fish like salmon, and shellfish dishes.

6 SAUVIGNON BLANC

Impress your date "You'll detect citrus fruit, hints of cut grass and melon," says Jukes.
Health benefits According to Virginia University, gallic acid – a component of Sauvignon – has anti-inflammatory qualities.
Complements... Asian food or tomato-based pasta dishes.

BOTTLE OF BRITAIN

Pop open a homegrown

Bob Lindo, chairman of the UK Vineyards Association, tells you how to grab a delicious bottle of United Kingdom bubbly from these leading vineyards. Vive L'Angleterre!

NYETIMBER

Where is it? West Chiltington, West Sussex.

They've won the English and Welsh Wine Of The Year award several times and regularly beat French vineyards in international tastings. Nyetimber achieve their soft flavours by fermenting at high temperatures.

Best bottle 2000 Classic Cuvée (£26). A lively blend of fruits.

Rating ★★★★

CAMEL VALLEY

Where is it? Bodmin, Cornwall. Winner of the 2007 UK Winemaker of the Year trophy, they use a "new world" method where the grapes are fermented at low temperatures, resulting in a very fruity flavour.

Best bottle 2005 Camel Valley Cornwall Pinot Noir (£25). All the classical flavours you'd expect from a sparkling white Pinot Noir, with extra fruitiness from our climate.

Rating ★★★★★

RIDGEVIEW

Where is it? Ditchling Common, East Sussex.
A great vineyard that's invested huge amounts in original methods to produce some of our country's best wine. The soil's chalk and clay content is extremely close to that of the Champagne region, making for a truly classic flavour.
Best bottle 2004 Ridgeview Bloomsbury (£19). Zesty bubbles with overtones of citrus - not one to be chugged on with Pringles and a whisky chaser.

Rating ★★★★

ILLUSTRATION PETE QUINELL AT DEBUT ART

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HOW MUCH IS ENOUGH...

RED WINE?

Are you toasting your good health or sinking your future? Time to measure up

TOO MUCH: MORE THAN THREE SMALL GLASSES

"Exceed your recommended daily alcohol quota and all the positive effects of wine are compromised," says Dr Alan Crozier, professor of biochemistry at the University of Glasgow. "You're raising your risk of heart disease, cirrhosis, cancer and stroke." So put the wine list down, pause your "hilarious" BBQ anecdote and look at the menu. "It's crucial to drink wine with food," says Professor Roger Corder, author of *The Wine Diet* (Sphere). "Go for folate-rich vegetables such as spinach and kale, which balance the cancer-causing properties in alcohol." Corder recommends wine rich in procyanidinsm, "the antioxidants identified as most effectively protecting against hardening of your arteries." The wine-making regions with the highest concentrations are Nuoro in Sardinia and Madiran in the Pyrénées. "One small glass of a Madiran wine can provide more health benefits than two bottles of most Australian wines.

ENOUGH: ONE TO THREE SMALL GLASSES A DAY

"Considerable evidence shows that this is the optimal amount to give the average man the maximum health benefits from red wine," says Corder. And US research published in the *International Journal of Cancer* confirms red can help more than your heart: the study found a daily glass can halve your prostate cancer risk.

More good news; Spanish researchers from the University of Santiago de Compostela also found vino tinto cut lung cancer risk by 13%, crediting tannins for protecting lung cells and the powerful antioxidant resveratrol for stifling tumour growth. Recent studies at the San Diego School of Medicine even suggest the odd tipple could help your liver. But before you start celebrating too hard, heed the sobering research published by the Royal College of Physicians, which confirms that exceeding recommended amounts can increase your risk of cancer. As well as risk the social equivalent of being tarred and feathered.

NOT ENOUGH: LESS THAN ONE GLASS A DAY

A glass a day gives you more than just a hint of cinnamon, caramel and blackcurrant tones. It's the minimum you need to get the requisite flavanoid antioxidants found by Harvard Medical School scientists to substantially cut your heart disease risk. "Flavanoids reduce bad LDL cholesterol and boost your good HDL cholesterol," says Kenneth Mukamal, who led the 12-year study. Research from the Fred Hutchinson Cancer Research Centre in Seattle also found that men who drink seven glasses of red a week are 48% less likely to be diagnosed with prostate cancer than those who don't. The key is to spread your intake though, so don't throw away the cork.

WORDS ROB KEMP. PHOTOGRAPHY ANDY BARTER

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MARY, QUEEN OF SHOTS

Our top mixologists streamline the Bloody Mary into a muscle-building, cancer-crushing super-cocktail

IMPERIAL BLOODY MARY

Repairs strained cartilage and lowers blood pressure

Method Blend everything but the vodka and celery. Pour the mixture into ice trays and freeze. To serve, put the frozen cubes in a tumbler, top with vodka, and garnish with the stalk of celery. Nazdarovye!

Why? Russian Standard Original is one of the purest vodkas thanks to advanced filtration. Lemon's vitamin C helps repair cartilage and Chicago University studies found celery can lower stress-hormone levels.

INGREDIENTS Large glass tomato juice ● 2 shots lemon juice ● 1 shot balsamic vinegar ● 1tsp horseradish ● 1tsp salt ● 1tsp Worcestershire sauce ● 1 dash Tabasco sauce ● 1 shot Russian Standard Original vodka ● 1 celery stalk

By Omkar Kalaskar, mix manager at Mortimer's, Fitzrovia (mortimersgrill.co.uk)

LOBSTER BLOODY MARY

Packed with protein and reduces hardening of your arteries

Method Boil the lobster tail for 13 mins, then drop in iced water for 30 secs. Slice the meat then put back in the shell. Shake the ingredients with ice and strain into a glass. Score the lobster shell and place on the rim. Ta da!

Why? "Lobster is rich in omega-3sand its 'good' cholesterol helps reduce the hardening of your arteries," says nutritionist Dr Carrie Ruxton (iminseason.com). Plus it has more protein than chicken, with fewer calories.

INGREDIENTS 1 lobster tail ● 1 shot vodka ● 250ml tomato juice ● 2tsp clam juice ● 2tsp lemon juice ● 2tsp finely grated, fresh horseradish ● 1 dash Worcestershire sauce ● 2 dashes Tabasco sauce ● Salt and pepper to taste

By Richard Wilks, head barman at Me Love Sushi, Swiss Cottage (melovesushi.com)

ASIAN MARY

Contains anti-inflammatory properties and relieves nausea

Method Stir the Asian Mary ingredients, then pour the mix into a cocktail shaker with the vodka, sake and ice. Shake and strain into a tumbler with more ice in it. Garnish with shiso leaves – a mint-like plant.

Why? "Ginger has anti-inflammatory qualities and relieves nausea," says Dr Ruxton. Meanwhile, the wasabi is a proven decongestant. Why trouble your GP when a decent barman will do?

INGREDIENTS 3 parts Asian Mary mix ● 1.5 parts Grey Goose Le Citron flavoured vodka ● 1 part sake ● 4 green shiso leaves. ASIAN MARY MIX 1l tomato juice ● 4tsp wasabi powder ● 4tsp dried ginger ● 4tsp soy sauce ● 4tsp lime juice.

By mixologist Nick Mautone, author of* Raising the Bar *(Artisan)

Good spirits

Choose your poison carefully and you can eliminate a hangover. Well, almost...

ORGANIC CUCUMBER VODKA ***29.9% ABV, £32 (DEMIJOHN.CO.UK)***

Who needs Pimm's when you can get that summer flavour in a tot of vodka? Well done to Demijohn for having the foresight to re-distil it over cucumber.

ABSOLUT PEPPAR ***40% ABV, £18 (DRINKSDIRECT.CO.UK)***

Unlike most vodkas, Absolut has no added sugar. The Peppar version – with its green bell, chilli and jalapeño peppers – tastes great and will help kickstart your metabolism, too.

42 BELOW MANUKA HONEY ***42% ABV, £19 (THEDRINKSHOP.COM)***

The world's southernmost vodka – made in Auckland. Has "earthy wild honey" notes and a "peppery fade". A little piece of Russia in New Zealand.

PHOTOGRAPHY PLAMEN PETKOV. FOOD STYLING VICTORIA GRANOF/ART-DEPT.COM. PROP STYLING JILL TELESNICKI. ADDITIONAL PHOTOGRAPHY ROB MILTON
WORDS MATTHEW BARBOUR. *ALL STATISTICS PER 100G OF SAUSAGE. **HALAL LAMB MERGUEZ** BANGERBROS.CO.UK; **REVILLA CHORIZO** WAITROSE.CO.UK; **TASTE THE DIFFERENCE TOULOUSE** SAINSBURYS.CO.UK; **BOUDIN BLANC** JACKOSHEA.COM; **LICOLNSHIRE PORK** MARKSANDSPENCER.COM; **ABERDEEN ANGUS** TESCO.COM; **KIELBASA** TESCO.COM; **BRATWURST** WALLYSDELI.CO.UK

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BEST OF THE WURST

The best bangers will help you build muscle and boost your metabolism. We forked out for the world's finest to discover which type of sausage beats the rest

AND THE WINNER IS... MERGUEZ

Moroccan lamb merguez
Calories* 215kcal
Protein 20g
Fat 12.9g (Sat 6.9g)

ROUND 1A

Spanish chorizo
Calories 210kcal
Protein 15.6g
Fat 24.6g (Sat 5.7g)

French Toulouse
Calories 324kcal
Protein 21.4g
Fat 18g (Sat 9.4g)

ROUND 1B

Belgian boudin blanc
Calories 280kcal
Protein 18g
Fat 12.6g (Sat 6g)

Moroccan lamb merguez
Calories 215kcal
Protein 20g
Fat 12.9g (Saat 6.9g)

Belgian boudin blanc
Calories 280kcal
Protein 18g
Fat 12.6g (Sat 6g)

SEMI FINAL A

Moroccan lamb merguez
Calories 215kcal
Protein 20g
Fat 12.9g (Sat 6.9g)

Scottish Aberdeen Angus beef
Calories 207kcal
Protein 18.6g
Fat 11.8g (Sat 4.7g)

Polish kielbasa
Calories 226kcal
Protein 13g
Fat 15g (Sat 6.2g)

Scottish Aberdeen Angus beef
Calories 207kcal
Protein 18.6g
Fat 11.8g (Sat 4.7g)

SEMI FINAL B

Polish kielbasa
Calories 226kcal
Protein 13g
Fat 15g (Sat 6.2g)

ROUND 1C

Bratwurst
Calories 329 kcal
Protein 12.2g
Fat 31.3g (Sat 11.3g)

Lincolnshire
Calories 185kcal
Protein 15.2g
Fat 14.3g (Sat 4.8g)

ROUND 1D

Scottish Aberdeen Angus beef
Calories 207kcal
Protein 18.6g
Fat 11.8g (Sat 4.7g)

ROUND 1A

Spanish chorizo Vs Moroccan lamb merguez

The merguez packs a muscle-boosting protein punch, while the chorizo is undone by its 20-30% fat content. And the merguez, with its cumin and red pepper, has a fuller taste.

Winner Merguez

ROUND 1B

French Toulouse Vs Belgian boudin blanc

Made with milk, pork liver and heart meat, the Belgian thumps its coarsely ground pork rival from across the Ardennes, as it packs a whopping 33% less fat.

Winner Boudin blanc

SEMI-FINAL A

Merguez Vs Boudin blanc

It's the North-African's extra protein and metabolism-boosting cumin that helps it pip the boudin to the post here. The merguez is also flavoured with coriander seeds, which help regulate blood-sugar levels.

Winner Merguez

SEMI-FINAL B

Aberdeen Angus Vs Polish kielbasa

With the lowest-fat, highest-protein content of any UK beef, Aberdeen Angus doesn't need salt for flavour. And the kielbasa's pork can't compete with beef in the fat stakes.

Winner Aberdeen Angus

ROUND 1C

Polish kielbasa Vs German bratwurst

The bratwurst has more artery-clogging fats than any other finalist. The heavenly kielbasa, with its flavourful pimento and cloves, has about half the saturates of its German cousin.

Winner Kielbasa

ROUND 1D

English Lincolnshire Vs Scottish Aberdeen Angus

The Lincolnshire's digestion-boosting sage is great for its flavour, but the Angus wins for its protein – the beef is hung for 28 days for a better taste.

Winner Aberdeen Angus

FINAL

Moroccan lamb merguez Vs Scottish Aberdeen Angus beef

Two of the best bangers you'll ever see on your plate. Both are loaded with muscle-maximising protein, but it's the delicious, health-conscious blend of chilli, garlic, mint, cumin and coriander that makes the merguez the sizzling sovereign. The real test of a sausage is versatility, and this one can be eaten alone, with mustard or in stews. And with these accolades, we have our proud winner.

Best of the wurst Merguez. All you could wish for in a sausage!

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

Scan & PDF: WorldMags & Journal-Plaza

LICENSED TO GRILL

It's high season for barbecue, and time you kissed goodbye to the two-bit disposable grill and charred bangers. This kit will put you in the hall of flame

1 DO YOU FEEL LUCKY, DRUNK?

OK, so that 12oz burger you're slathering sauce over might turn your six-pack into a family pack, but how better to dispense your condiments than with this saucy six-shooter? "It's the perfect accompaniment for burgers, and a handy weapon to turn on inebriated guests," says Michael Brook, editor of gadget magazine *T3*. **Condiment gun £15, firebox.com**

2 STEAK AND A FLAKE

It's just not summer without ice-cream. Most makers take 24 hours to do their stuff – this machine takes less than one. "Perfect for Baked Hawaii," says Steven Raichlen, author of The Barbecue Bible (Workman). Sod the burgers. **Ice-cream Pro £280, cuisinart.co.uk**

3 MOTIVATIONAL SPEAKER

How do you get the tunes pumping without sacrificing your hi-fi to downpours? Simple: plug your iPod into this garden speaker, and it'll be covered with a splashproof casing.
Emanate £100 grundig-uk.com

4 BRAND IDENTITY

Brand a letter onto the meat with this fork and you'll know who wanted what. "To know when it's done, make the OK signal with your hand – prod the base of your thumb, middle, and little finger in turn," says Raichlen [rare, medium and well done, respectively].
Branding Tool £13, iwoot.com

5 DOESN'T GET MUCH COOLER

Seasoned barbecuers will welcome wine. A Riesling goes great with seafood; serve a Shiraz with ribs and Malbec with beef. Best keep the boys happy with some beers too, though. And with this remote-controlled cooler, you can simply drive the booze over to a pal.
R/C cooler £40, firebox.com

6 THE IDEAL ROAST

A grill is for life, not just one cook-off. This beauty's three burners can feed a ravenous rugby team, and a thermometer will show when your meat's ready.
Genesis S320 £999, weber.com

7 HEAT AND TWO VEG

There's no point pretending it won't get cold. It will. So, use this patio heater – it's powerful enough to warm 10 of your guests at once. "Us Yanks don't need cissy heaters," says Raichlen. "We warm up with roasted marshmallows between cookies." The heater's better for your waistline though.
Heater £120 bbq.co.uk

WORDS JOE SVETLIK. PHOTOGRAPHY TAL SILVERMAN

Scan & PDF: WorldMags & Journal-Plaza

5 STEPS TO FLAMING VICTORY

Three-time World Barbecue Champion Myron Mixon from Georgia serves up his top tips

i Fire it up and let it roar

"Hold your hand over the lit grill and start counting in 'Mississippis.' If you get to two or three before having to take your hand away, then you're ready to start cooking. Any higher and it's time for another cold beer." Or a 999 call and a spatula to scrape your hand off the bars.

ii 'Tis the season

"Good barbecuing is all about good spices. Make a seasoning, or 'rub', with sugar and cayenne to add something special to your burgers. Don't massage it into the meat. Instead, before you start cooking sprinkle it on both sides like salt, to stop it forming a crusty paste."

iii Bean there, done this?

"Baked beans make a great side dish, and adding apple sauce makes them even better. A tbsp per tin of beans is about right, and add pieces of sautéed pepper fried bacon, then bake for two hours at 150°C. You can screw up the meat, but people'll love your sweet beans."

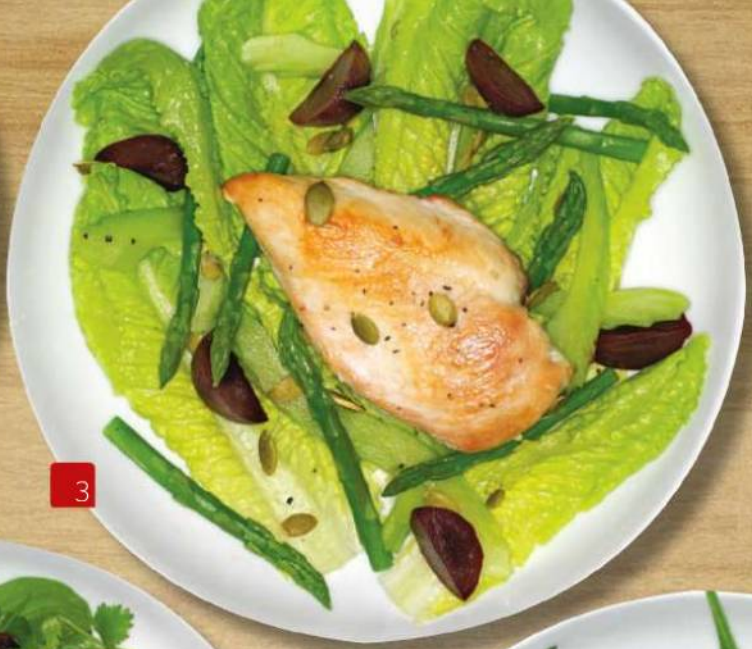
iv Flavour country

"You can give your burgers a truly mouth-watering flavour if you inject them with a simple mixture of vinegar, apple juice and salt to taste, using a steel meat syringe [£7, westfalia.net]. There'll be a party in your mouth, and everyone's invited." As long as they bring a bottle...

v Know Your Numbers

"Stagger your meat accordingly, using a meat thermometer. [£6, lakeland.co.uk]. Pork should hit the grill first; it'll be ready to come off at 200°C internally. Chicken is good to go at about 180°C. Beef is ready for the plate at 150°C, and lamb at 135°C. It's all about the numbers... and the cold beers."

Scan & PDF WorldMags & Groundhog



LEAF IT TO US

Five super salads, designed by Kate Skeritt, co-founder of fresh-food chain POD, and menu development assistant Maria Baffico

1 The Bulk Burner

Ingredients

- 150g bag herb salad
- 100g king prawns
- ½ cucumber sliced
- 2½g grated ginger
- 3 mint leaves
- 20g cashew nuts
- Pinch of dried chilli

Nutrition 234kcal, 25.6g protein, 8.1g carb, 2g sat fat, 0.7g fibre

In the mix Prawns equal brawn. They help the cashews fuel your muscles, before ganging up with cucumber's fibre to kneecap your greed. Chilli keeps your body torching fat even while you're enjoying a post-meal sit-down.

2 The Energiser

Ingredients

- 20g watercress
- 150g shredded duck
- 25g boiled green beans
- 30g shitake mushroom
- ¼ chopped red onion

Nutrition 525kcal, 43.9g protein, 21g carb, 7g sat fat, 3.2g fibre

In the mix Watercress is nature's rocket-fuel – packed with iron to rev you up. Get another jumpstart from iron and copper in green beans. Zinc in mushrooms fights infection, while red onion's chromium and duck's B vitamins keep you bouncing like Lee Evans on happy pills.

3 The Purifier

Ingredients

- 75g spinach, watercress and rocket
- 50g dandelion leaves or radicchio or frisee
- 1 grilled tuna steak
- 1 small fennel, sliced
- 3 artichoke hearts

Nutrition 427kcal, 62.4g protein, 17.5g carb, 2g sat fat, 11.7g fibre

In the mix We warned you – but you're hungover. Again. Cue detox. Rocket, spinach and dandelion cleanse your liver, fennel breaks up fatty deposits, selenium in tuna ousts free radicals and artichoke rebuilds cells. Fancy a pint?

4 The Heart Massage

Ingredients

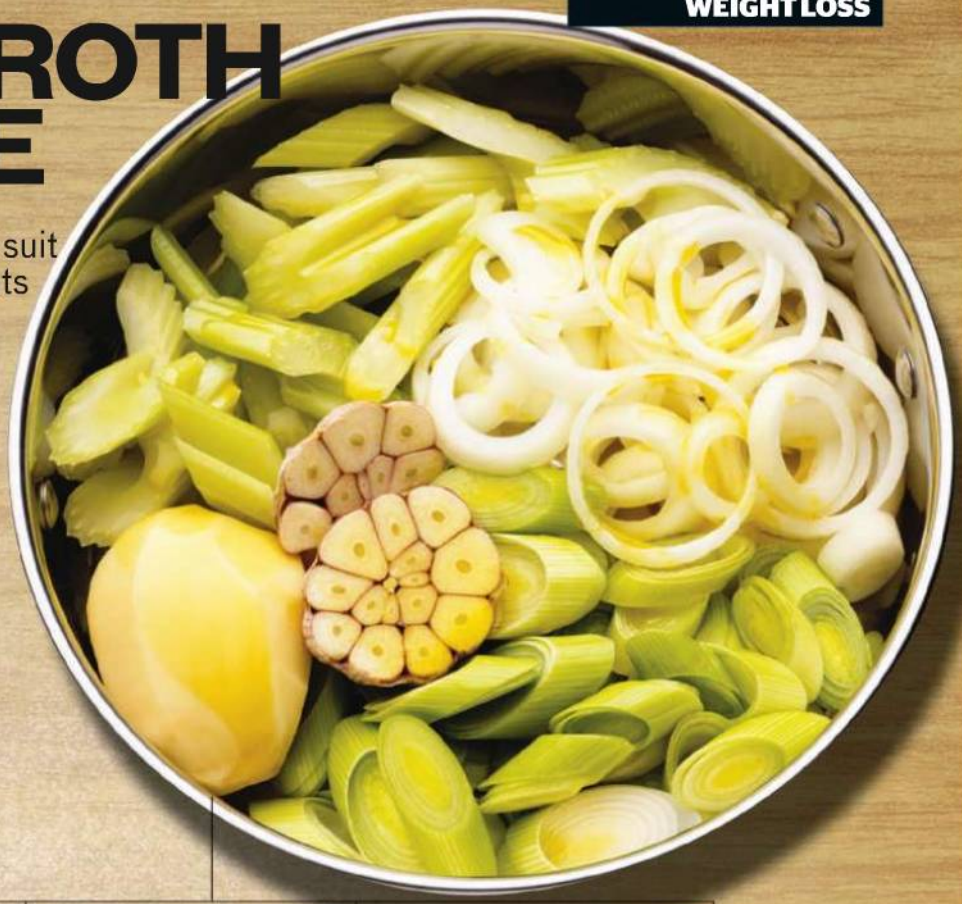
- 50g Romaine lettuce
- 150g grilled chicken
- 30g beetroot
- 50g asparagus heads
- 15g celery
- 1tbsp pumpkin seeds

Nutrition 385kcal, 49.3g protein, 9.6g carb, 3g sat fat, 4.8g fibre

In the mix Celery lowers blood pressure, beetroot boosts "nice" (HDL) cholesterol. "Nasty" cholesterol (LDL) takes a battering from the vitamin C in lettuce and pumpkin seeds keep you pumping by obliterating omega fats with phytosterols.

EVERY BROTH YOU TAKE

Prepare and store one basic recipe in bulk, then prime it to suit your daily physical requirements



BASIC RECIPE

Ingredients

- 1tbsp olive oil
- 1 onion, 1 leek, 2 sticks celery, 1 large potato, all diced
- 1 clove of garlic, halved (skins on)
- 600ml boiling water mixed with 1/2 tsp salt

Method Heat the olive oil in a large, heavy-bottomed pan and throw in the onion, celery and garlic, cooking over a low heat until tender. Add the leek and potato. After the veg mix has cooked for five minutes, add the hot salted water and simmer for 20 minutes. Blend thoroughly (enough for five soups).

1 Libido Booster

Ingredients

- 3 asparagus spears, steamed
- 1tbsp low-fat crème fraîche
- Pinch of dried chilli flakes
- 1tsp almond flakes, toasted
- 1tsp pumpkin seeds, toasted
- Freshly ground black pepper

Method Reheat your basic soup, add the asparagus and blend. Mix the crème fraîche and chilli flakes. Serve with a dollop of the spicy crème fraîche, a sprinkling of the nuts and seeds and pepper.

Why? "Zinc and essential fats in nuts and seeds boost sex drive, while the chilli ups performance," says Simone Laubscher nutritionist for rejuv.co.uk. A souper hot lover!

2 Energy Stoker

Ingredients

- 2tbsp tinned cannellini beans
- 2tbsp tinned borlotti beans
- 25g smoked ham
- 1tsp extra virgin olive oil
- Freshly ground black pepper

Method Chop up the ham, bung in the beans and add your basic soup mix. Simmer for 10 minutes. Drizzle with olive oil, season and serve.

Why? Cancel your 4 o'clock Red Bull run. Beans and ham sustain energy levels so you'll get right through to your post-work gym session. "You'll feel physically and mentally strong," says Emma Wells of **smartnutrition.co.uk**.

3 Stomach Liner

Ingredients

- 1tsp olive oil
- ½ carrot, diced
- 1 plum tomato, peeled
- 1 small handful of macaroni
- 8 french beans, chopped
- Freshly ground black pepper

Method Fry the carrot in the olive oil until tender, add the beans and cook for three minutes. Tip in the basic soup and bring to the boil. Add the tomato and macaroni, simmer for 5 minutes. Season and serve.

Why? A meal in a mug. "Carrots and tomatoes get you prepared you for a big night," says Laubscher, "and pasta lines your stomach." Unless you add vodka before serving.

4 Detoxifier

Ingredients

- 1tsp olive oil
- 4tbsp frozen peas
- A handful of spinach, shredded
- Courgette, diced
- 1tsp fresh parsley
- Freshly ground black pepper

Method Fry the courgette and peas in olive oil until soft, add the basic soup and boil for 5 minutes. Stir in the spinach. Serve with parsley and pepper.

Why? "The magnesium found in this veg balances potassium levels to help ship out toxins, and provide manganese for your immune system," says Laubscher. Parsley is also packed with antioxidants.

WORDS ANNA LONGMORE. SOUP PHOTOGRAPHY TAL SILVERMAN. FOOD STYLING LORNA BRASH. SALAD PHOTOGRAPHY GARETH SAMBIDGE. FOOD STYLING LIBBY REA BROWNLEA. RECIPES DESIGNED BY MASSIMO TEBALDI, EXECUTIVE CHEF AT THE BOLINGBROKE, LONDON (020 7228 4040).

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APPETITE FOR CONSTRUCTION

To grow your muscles you need to nourish them with a mix of quality protein, carbs, fibre and fats. This 4-week plan feeds your body with the correct balance of nutrients so that you can pack on 5kg of muscle. So get stuck in

Weeks 1 & 3

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DAY 1/15	1 glass of fruit juice 2 poached eggs 2 wholewheat bagels	2 slices of ham 1 banana 1 apple	Protein shake A large platter of sashimi or sushi Salad	1 avocado Tin of tuna 1 orange	Steak and vegetable stir fry Noodles	1 glass skimmed milk Grapes Protein shake
DAY 2/16	Smoothie: 1 cup milk, 1 cup water, 1 tbsp flaxseed, 1 banana, 1 cup oats, mixed frozen fruit	250g or mixed seeds and nuts 1 apple	Smoked mackerel fillet, 1 sweet potato, 1 avocado, 1 tomato 1 small orange juice	Protein shake Banana Apple	3 lamb chops Potato wedges or 2 baked potatoes Steamed vegetables	Peanut butter with celery or rye bread
DAY 3/17	1 glass of fruit juice Muesli with 200g plain yoghurt 2 slices of wholemeal toast	Hummus and oatcakes Grapes Nuts	2 toasted tuna, chilli, sweetcorn and cheese sandwiches 1 glass of orange juice	Banana 1 protein shake 2 slices of toast with Marmite	2 grilled low fat-burgers in wholewheat bread rolls with salad	4 small crumpets and manuka honey or 1 carrot muffin
DAY 4/18	3 boiled eggs 3 slices of toast 1 orange juice	2 large bran muffins 200g plain yoghurt 1 mango	1 chicken salad with Caesar dressing 2 wholewheat bread rolls	1 bowl of fruit salad Mixed seeds and nuts 200g plain yoghurt	Carbonara pasta with added spinach	Protein shake Banana 4 cantaloupe slices
DAY 5/19	1 glass fruit juice 2 wholewheat slices of toast with 1 grilled tomato, 8 mushrooms, mozzarella	Protein shake Orange Banana 1 large baked potato	2 tbsp of cottage cheese 5 slices of ham Apple	Tinned sardines on crackers or wholewheat slices of toast	4 low-fat sausages, mashed potato, peas, spinach, carrots	Ice cream or 1 cup of Horlicks with milk
DAY 6/20	2 eggs white and 2 whole egg omelette with tomato and cheese 2 slices of wholewheat toast	6 Ryvitas with salmon or liver pate Wholewheat pasta shells with	baby tomatoes, mozzarella balls, olives, garlic, olive oil, basil leaves Mixed seeds and nuts	Protein shake Orange	Prawn and veggie stir fry	Carrot or bran muffin

PHOTOGRAPHY STUDIO 33, REX, GETTY

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DAY 7/21	2 poached eggs 4 slices of ham 2 slices of wholewheat toast	Hummus and oatcakes	Tuna salad Banana Fruit juice	Protein shake Apple Banana	4 roasted chicken legs Brown rice Mixed vegetables	Ice cream or a muffin

Weeks 2 & 4

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DAY 8/22	4 Weetabix 1 cup of milk with 4 tsp skimmed milk powder	300g peanuts, 1 cup milk 1 cup cottage cheese Toast or cracker	2 wholewheat rolls 200g chicken breast 1 tbsp mayonnaise	Small green salad 2 slices wholewheat toast Hummus	Orange or satsumas Mixed seafood stir-fry with vegetables	1 cup Horlicks with milk or protein shake
DAY 9/23	1 cup cooked oats 1 cup milk with 4 tsp skimmed milk powder 1 tsp honey	50g mixed seeds and nuts 1 cup milk with 4 tsp skimmed milk powder or protein powder	4 slices wholewheat bread with 200g shaved beef, lettuce, gherkin, mustard, 1 tbsp margarine	2 slices wholewheat bread 1 tbsp mayonnaise 1 tin salmon Apple	Venison fillet grilled with mustard and olive oil with green salad	Bowl of All Bran flakes 200g plain yoghurt
DAY 10/24	4 slices of toast 3 eggs 3 rashers of bacon 1 glass milk	Smoothie: peanut butter milk, soft tofu, banana 1 chicken burger	1 bowl of coleslaw Protein shake 1 apple	1 mango Roast chicken breasts (skinless)	Roast vegetables (with olive oil) Potatoes	1 bran muffin 4 cheese wedges
DAY 11/25	2 cups All Bran flakes 1 cup milk 4 tsp skimmed milk powder Apple	Green salad with an avocado, feta and yoghurt dressing	1 large baked potato 200g fillet steak fried in olive oil 1 cup cooked spinach, 1 grilled tomato	Soya nuts Orange	Hand-size grilled white fish 1 cup peas and carrots 1 gem squash 2 tsp margarine	Horlicks with milk or protein shake with fruit
DAY 12/26	4 slices wholewheat toast 3 eggs 1 glass milk	Cheese Tomato Turkey or ham slices Banana	1 packet of instant noodles cooked Feta Asparagus Green beans	2 wholewheat bagels Smoked salmon Cottage cheese	Chicken and vegetable stir-fry (use canola oil, ginger, garlic and soy sauce)	300ml yoghurt, 1 handful of beef jerky
DAY 13/27	3 slices wholewheat toast 2 kippers 1 poached egg 1 glass milk	200g plain yoghurt mixed with 4 tsp skimmed milk powder & 1 tbsp mixed seeds	1 grilled low-fat burger Green salad	6 Ryvitas dipped in a mixture of tuna, chopped tomato, gherkins, mayonnaise	Thick chicken and vegetable soup 2 wholewheat rolls Ice cream or 1 cup of	Horlicks with milk
DAY 14/28	Cup muesli 200g plain yoghurt 4 tsp skimmed milk powder	Greek salad (green salad withfeta and olives) - with low-fat dressing	Fillet steak grilled with barbecue sauce Baked potato Ratatouille	2 bran muffins, 4 cheese wedges	Chicken or beef fajitas	Protein shake Handful of nuts

Nutrition Bulletin

+ How to make fruit last longer
+ Beat bowel cancer with bread
+ Release the pressure with a kiwi fruit
+ Eat yourself diabetes-proof
+ Regulate your weight with carrots

KIWI FRUIT PREVENTS HIGH BLOOD PRESSURE

A team of scientists from the University of Oslo in Norway found kiwi fruits to be one of the richest sources of blood-pressure reducing lutein and potassium. For best results, the team recommends you eat three of the furry fruits a day, rather than leaving them to fester in a puddle of amber goo at the bottom of your fruit bowl.

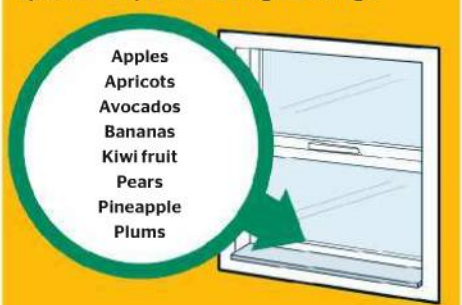
Be thankful it doesn't do the haka

SAVE NUTRIENTS AND MONEY WITH FRUIT

If you have trouble keeping your fruit bowl free from furry mould, you're not alone. Government figures show we bin 6.7 million tonnes of fruit per year. Refrigerating can exacerbate the problem by preventing food from ripening, or turning it to soggy mush. So follow the advice below to see how you should be storing your shopping.

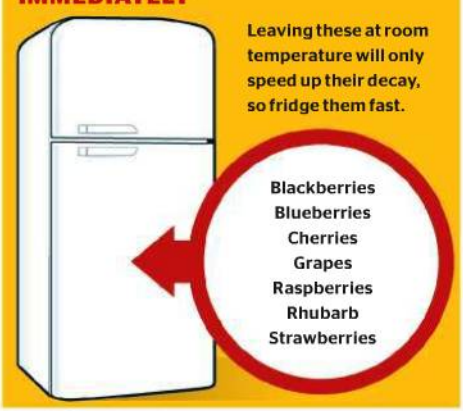
FRUIT TO RIPEN OR SOFTEN AT ROOM TEMPERATURE

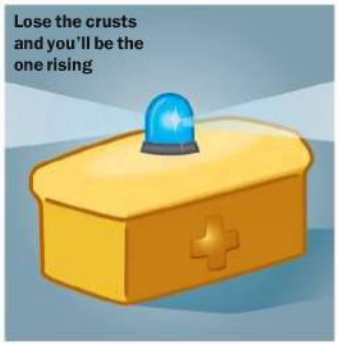
Putting these in the fridge will cause them to go soft or lose their flavour. Ripen on a window sill for up to three days before storing in the fridge.



FRUIT TO REFRIGERATE IMMEDIATELY

Leaving these at room temperature will only speed up their decay, so fridge them fast.





EATING CRUSTS PROTECTS YOU FROM BOWEL CANCER

There's more than a crumb of truth in the old wives' tale that eating your crusts is good for you – doing so slashes your chances of developing bowel cancer by 72%. Researchers from the *European Journal of Cancer* discovered that a chemical released during the baking process prevents tumour growth in the bowel when digested. For the full benefit you'll need to take sandwiches to work every day – the researchers say that crusts need to be eaten daily in order to deliver the effects.

Ministry of the Bleedin' Obvious

DUH!

This month's least surprising research

Fizzy drinks aren't the only food vice of obese men

The International Journal of Food Science and Nutrition

Fight it with food Eat away your diabetes risk

Harvard University found that diet is the biggest factor in preventing diabetes and the following foods were the most effective. Here are the amounts they'll slash your risks

Coffee
33%
University of Minnesota

Semi-skimmed milk
9%
Harvard University

Cinnamon
23%
Agricultural Research Unit, Maryland

Carrots
20%
University of Minnesota School of Public Health

WORDS NICKY WILLIAMS. PHOTOGRAPHY STUDIO 33, GETTY. DIGITAL IMAGING PREMEDIA. ILLUSTRATION KEREM

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+ Beat cancer with horseradish
+ Why your liver loves onions
+ Ditch the beer and lose the boobs
+ Beet is the route to better health
+ Balance the protein equation

Nutrition Bulletin

The short and sweet of it

CHANGE YOUR BULB

Go for the small onions. Scientists from Cornell University found that the smaller the onion bulb, the more potent the antioxidant punch, making these the most effective at quashing colon- and liver-cancer cells.

GIVE CANCER A ROASTING

Beat cancer by topping your roast beef with a dollop of tasty horseradish sauce. Researchers from Michigan State University have found that the root extracts can curtail cancer cell growth by as much as 70%.

TAKE THE BEET ROUTE TO BETTER HEALTH

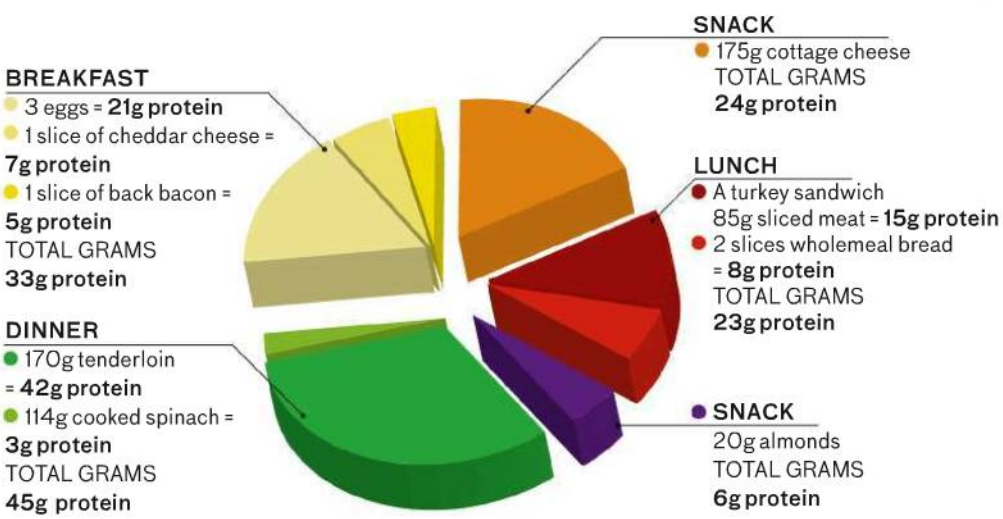
It's time to dust off that old food processor. Researchers from the William Harvey Research Institute in London have discovered that beetroot juice can actually lower your blood pressure by a whole 10 points in less than four hours.

BEER: NOT SO MANLY ANYMORE

Forget the shandy, the real lady-drink is that pint. Scientists at the Medical Research Council in Cambridge found beer and nuts harm male fertility. The two are full of isoflavones, which mimic the female sex hormone oestrogen. While it's okay to indulge in a beer and packet of KP's once a week, if you're trying for a baby stick to vodka and orange; University of California studies show this zinc and folate-packed drink raises your sperm count by 78%.

HOW TO GET ENOUGH PROTEIN

A protein-packed meal plan not only helps you build bigger biceps, it also protects your heart, according to research in The Journal of the American Medical Association. A good amount to shoot for? At least 131g a day if you lift regularly. Here's a snapshot of how to consume that amount, spread evenly throughout your day.



WORDS NICKY WILLIAMS. PHOTOGRAPHY GETTY

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NOW YOU'RE COOKING

Kitchen craft can lead you to many places – your stomach and possibly her heart. Let *MH* show you the path

1 HR1861 JUICER

Why bother with a juicer? "Because fresh fruit and veg contain more vitamins than cartons of juice," says nutritionist Carina Norris. We've shoved pretty much everything down this machine's wide spout – oranges and apples included. **£80**
Philips, philips.co.uk

2 3-TIER EASY STORE CHROME STEAMER

Steaming food just got easier and you won't have to clear out your kitchen to house it, as it collapses into itself. The Good Housekeeping Institute (GHI), which earns its crust testing domestical stuff, called it an "excellent all-rounder". **£40**
Tefal, tefal.co.uk

WORDS PAUL WILSON. PHOTOGRAPHY BEATE SONNEWALD

5 EVOLUTION ESPRESSO MACHINE

Take your coffee black and you'll get an antioxidant blast to help prevent cirrhosis of your liver (according to a Kaiser Permanente Division of Research study in California). Make it in this device, and it'll be like having a Starbucks in your kitchen. Only cheaper and jazz-free.
£180 Gaggia, gaggia.uk.com

6 ADVANCED COLLECTION 20cm CHEF'S KNIFE

Foodies say it's worth spending a few bob on a good chef's knife. They're right. It's the piece of epicurean equipment you'll probably use the most. Wielding this blade in the name of domestic science, GHI discovered it was "perfectly balanced". And very, very sharp.
30 Anolon, meyeruk.com

3 5200 STAINLESS STEEL FOOD PROCESSOR

This food processor will do you smoothies, soups and endless prep chores, as well as giving you the air of someone who knows their way around a kitchen. GHI verdict? "Easy to wipe clean." We're thinking of proposing.
£249 Magimix magimix.com

7 21CM FIBROX HANDLE BREAD KNIFE

"Bakery loaves are fresh and don't contain preservatives to increase shelf life," says Norris. But you do have to slice them. Enter this sliver-bladed beauty, which, in the words of the GHI, "glided through crusty bread, creating almost no crumbs."
£17 Victorinox, victorinox.ch

4 LM-400 CORKSCREW

Stick it on the bottle, whip the lever up and over, then back again. No more broken corks, strained muscles or social embarrassment. "Solid and innovative," says wine writer Andy Felts. "It'll last you a lifetime." Which is a lot of wine.
£90 Screwpull, screwpull.co.uk

SMOOTHIE DOES IT

One basic recipe, four supercharged variations: a drink for all your needs

BASIC RECIPE

■ 3 medium ripe bananas ■ 1 1/4 pint low-fat yoghurt ■ 3 1/2tbsp honey

Blend together and store in the fridge. Makes 4 portions.

1 HANGOVER SOOTHER

- 4 large pieces of seeded watermelon
- 1 kiwi fruit (either juiced or blended without the skin which adds more pulp)
- Juice of 1/2 lime
- 2 hulled strawberries, cut into eighths
- Ice, to serve

Blend all ingredients until smooth. Garnish with a thin spear made from the watermelon rind.

Why?

"This mix contains ultra-hydrating watermelon, vitamin B3-rich kiwi fruit, vitamin C-packed lime and antioxidant-rich strawberries," says drinks don Joe McCanta, who devised these recipes. "Keeping the watermelon seeds in ups the antioxidant content, plus watermelon is very high in vitamin A, great for a detox," says nutritionist Simone Laubscher of rejuv.co.uk.

2 IMMUNITY BOOSTER

Add

- 2tbsp fresh grated ginger
- 1/2tbsp cayenne pepper
- Juice of 1 lemon
- Juice of 1 green apple

Blend all ingredients until smooth.

Why?

Packed with warming spices to ward off bacteria. "Ginger is a strong antioxidant," says Laubscher. "It's also good for fever and headaches, while cayenne pepper's B vitamins, zinc and vitamins C and E ease sore throats."

3 MOOD LIFTER

Add

- 1/2 mango pitted and peeled
- 8 fresh blueberries
- 1tsp ground flax seeds
- Juice of 1/2 lemon
- 1tsp omega-3 oils (or better yet Udo's 3-6-9 blend)
- Ice, to serve

Blend all ingredients until smooth. Garnish with lemon and fresh blueberries.

Why?

"By adding a teaspoon of oil as well as the natural oil of flaxseeds you can help your body combat mood swings," says McCanta. "Ground flaxseeds are a great source of B vits, protein, zinc and omega 3 essential fats that aid brain function and balance blood sugar levels, thus balancing your mood," agrees Laubscher.

4 STRESS BUSTER

Add

- 8 leaves of fresh mint
- 2 quarter-slices of avocado, skinned
- 1/2 cup fresh roughly chopped fennel
- 1 cup pineapple juice (fresh)
- Ice, to serve

Blend all ingredients until smooth. Garnish with sprigs of fresh mint and a pineapple leaf.

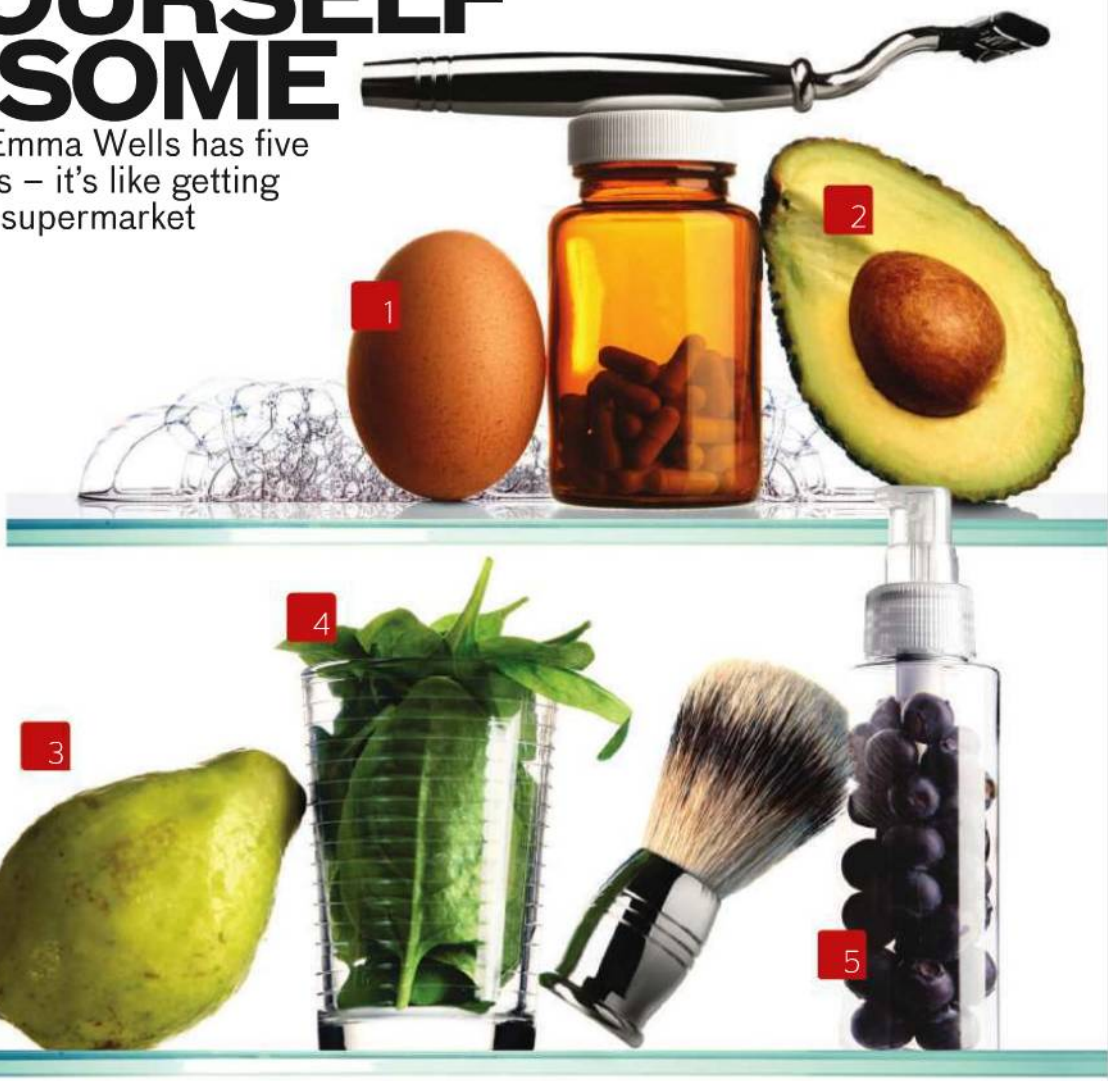
Why?

The mint in this "breakfast mojito" both soothes and stimulates, while the B vitamins in avocado, fennel and pineapple calm the nervous system. "Fennel promotes the function of the kidney and liver, while settling digestive system spasms associated with stress," says Laubscher.

PHOTOGRAPHY TAL SILVERMAN

EAT YOURSELF HANDSOME

Nutritional therapist Emma Wells has five food-based face-fixers – it's like getting plastic surgery at the supermarket



1 CRACK BALDNESS

Work stress, bad parents and fast food can all save you a fortune in barber bills. But you can hang onto your rug – with the help of unborn chickens. Eggs are great for healthy hair: their iron content can prevent hair loss, while sulphur battles brittle hair and B vitamins help you deal with stress. Aim for six a week: any way but fried.

2 GET A SMOKE SCREEN

Car fumes, smoke, city grime – it's all a dirty C-charge for your mug. Pollution strips the skin of vitamin E, which keeps it smooth. Repair it by eating avocado, which is rich in the stuff. Aim for just one a week as it's very calorific for a fruit: perfect in salads or cut in half and eaten with a spoon for a quick high-energy snack. But, sorry lazy men, you still have to wash your face.

3 "C" A YOUNGER YOU

To avoid looking like a crumpled Bangkok road map, make a beeline straight for the guava – and preferably chow down three a week. With five times more vitamin C than oranges, they're high in protective antioxidants that fight the free radicals which cause premature ageing. And unlike the Holy Grail, they're readily available in most supermarkets.

4 BEAT RED EYE

Look like you've just stepped off an overnight transatlantic flight? Sort it with Popeye power. Spinach is excellent for the eyes as it contains the protective carotenoids lutein and zeaxanthin, which help keep the whites clear. Buy frozen for ease and eat three times a week. Drizzle on olive oil for the best results. No, on the spinach, you fool.

5 BERRY A BAD NOSE

If years of heroic drinking have left you looking like the offspring of Alex Ferguson and Rudolph the Reindeer, reach for blueberries. Rich in bioflavenoids, they bolster your blood vessels and prevent them from leaking and breaking. Bung a small punnet on your desk and pick away, or chuck some in a blender with your protein powder for a great tasting smoothie.

FISHY BUSINESS

Sushi sensai Warren Ransom on how to eat raw fish like a pro

1 Use your hands (it's bad form to use chopsticks for sushi in Japan) and pick up the sushi by the rice so you don't get fishy fingers.

2 Dip the fish in the soy sauce. No, not the rice bit - this will drown the taste in soy and make the rice fall apart in a big bloody mess.

3 Place the sushi in your mouth so the topping hits your tongue first. The fish is the bit you're paying for so you want to taste it.

4 Eat it in two bites. It's rude to put a half-eaten piece back on your plate. Cleanse your palate with pickled ginger before diving in again.

PHOTOGRAPHY DAVID NEWTON. ILLUSTRATION BRINDEAU MEXTER. THANKS TO PENHALIGONS FOR THE RAZOR AND SHAVING BRUSH, 0800 716108, PENHALIGONS.CO.UK. FOR MORE INFORMATION, VISIT SMARTNUTRITION.CO.UK AND SUSHIFAQ.COM

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SKIN DEEP

Ditch the peeler to kick cancer, improve mood and look forever young

GARLIC 1

"Peeling garlic cloves removes the antioxidants found in the velvety membrane, which fight the ageing process and protect the heart," says Roberts. Unless your heart is undead, of course.
How to eat Slice cloves in half and add to roast lamb or Mediterranean vegetables.

APPLES 2

Peel that pippin at your peril. "The outer skin of apples contain unique antioxidants called triterpenoids, that help combat liver, breast and colon cancers," says food scientist Professor Rui Hai Liu.
How to eat Dip slices in peanut butter for a potent post-workout snack.

BANANAS 3

Forget lazy slap-stick sketches. Taiwanese nutritionists from Taichung's Chung Shan University found banana peel is packed with eye-protecting lutein and mood-boosting serotonin. So it'll still raise a smile without the slip-ups.
How to eat Whizz up with milk and honey for a smoothie.

POTATOES 4

Go gastro-pub style and leave your spuds as God intended. "Just one potato skin provides half your RDA of fibre, potassium, iron, zinc and vitamin C," says Collins. No wonder Mr Potato Head still looks so good.
How to eat Roast unpeeled wedges in olive oil for scurvy-bashing chips.

ORANGES 5

Save your nails and go the whole hog. "Orange peel contains d-limonene which lowers cholesterol and reduces the damaging effects of UV light by up to 70%," says dietician Cath Collins.
How to eat Add grated orange peel and zest to salads or baked salmon.

KIWI 6

Digesting fur isn't just for predators. "The skin contains three times the antioxidants of the pulp and fights off bugs," says nutritionist Martha Roberts.
How to eat Bite into the new "gold" kiwi fruit which has roughly 50% less fur, or pulverise into a smoothie.

PHOTOGRAPHY TAL SILVERMAN

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EAT YOUR WAY HAPPY

Your brain needs feeding to stay sharp and content. These snacks will keep your mind in gear...

DEPRESSED		
Problems at home with the missus are doing your head in.	**Grab a grilled-chicken wrap at lunch, hold the mayo.**	"Eating 20g of protein helps your brain create dopamine and norepinephrine," says Dr Judith Wurtman, author of The Serotonin Power Diet (Rodale). These keep you alert.
ANXIOUS		
You need to stay sharp to breeze a brutal job interview.	**Have some grilled salmon or sushi for dinner.**	Eating fish makes you 31% less likely to suffer from depression, say researchers at Finland's University of Kuopio. Just don't dwell on the world's depleted fish stocks – it's depressing.
INSECURE		
She's back at yours, but your confidence is cracking.	**A snack-size chocolate bar when she's in the bathroom.**	"Chocolate contains chemicals to brighten your mood," says Elizabeth Somer, author of *Food & Mood* (Owl Books). These include anadamine, which targets the same receptors as weed.
STRESSED		
You're on a deadline and can't find your arse with both hands	**Eat a handful of sesame seeds while you're working.**	"Stress depletes your body's magnesium, reducing your coping abilities," says Somer. Seeds refuel m-levels. And have been eaten since 1600BC. Impress the boss with that one.
RESTLESS		
You need to cram in some serious zzzs before a big day.	**Fat-free popcorn half an hour before you hit the sack.**	Popcorn's carbs tell your body to create serotonin, the chill out neurochemical. "Be sure it's fat free as fat slows the serotonin boosting process," says Somer. Makes you fat, too.

Mr Tea

He pities the fool who prefers coffee

What kind of tea should I drink after eating?
STEWART, DERBYSHIRE

Listen up, sucker. If you've been eatin' fist from Mr Tea, there ain't no tea invented that's going to fix you up. And that's a message I need to send out to that no-good fool Ice-Tea, who's been punkin' the benefits of peppermint tea.

But this ain't no place for beefin'. Let me just say I pity the fool who doubts the white-coated tea-brains at the University of Maryland and their research into the "calming and numbing effect" of peppermint, "which has been used to treat headaches, skin irritations and cramps."

But if, like my man Stewart, it's eatin' that's got your body bleatin', then I got something to tell you from the Maryland suckers: "Peppermint calms the muscles of the stomach and improves the flow of bile, which digests fat. As a result, food passes through the stomach more quickly."

Now I got two more pieces of advice, one from Maryland, and one from Mr Tea-land. One: when you're makin' that damn herbal brew, you better be steeping those leaves for 3-5 minutes. And two: whatever you be drinkin' after yo meal, you better thank yo momma and the good lord for the food they gave ya.

WORDS DAN JONES. PHOTOGRAPHY JEFF HARRIS. PHOTOLIBRARY. ILLUSTRATION SHIBUYA.
MR TEA IS A CONNOISSEUR OF DELICIOUS LEAF-BREWED BEVERAGES. ANY RESEMBLANCE TO BA BARACUS IS PURELY COINCIDENTAL

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THE ONLY FIVE-A-DAY

Five courses to give your body what it needs in the next 24 hours, with the perfect balance of nutrition and good taste

Your body, much like the baddies in The Sarah Connor Chronicles, is a machine. Not a killing machine as such, but predictable and subject to fine-tuning. You get out of it what you put in, so your diet is eminently perfectible. According to the British Nutrition Foundation this is the perfect mathematical breakdown of your nutritional needs. Here's how you can make it tasty.

The perfect fuel

Calories 2500kcal (for a 70kg man. Weigh more? You need 35kcal for every extra 1kg of bodyweight)
Protein at least 56g per day
Fibre at least 18g per day
Fat 92g unsaturated, 27g saturated
Fruit and veg 5 servings
Wholegrains 5 servings

1 BREAKFAST

The perfect kick-start for your metabolism, this will also keep you going all morning

- Porridge made with milk and a handful of blueberries
- 1 slice wholemeal toast with peanut butter
- Glass of fruit juice

2 LUNCH

The perfect way to refuel post-workout

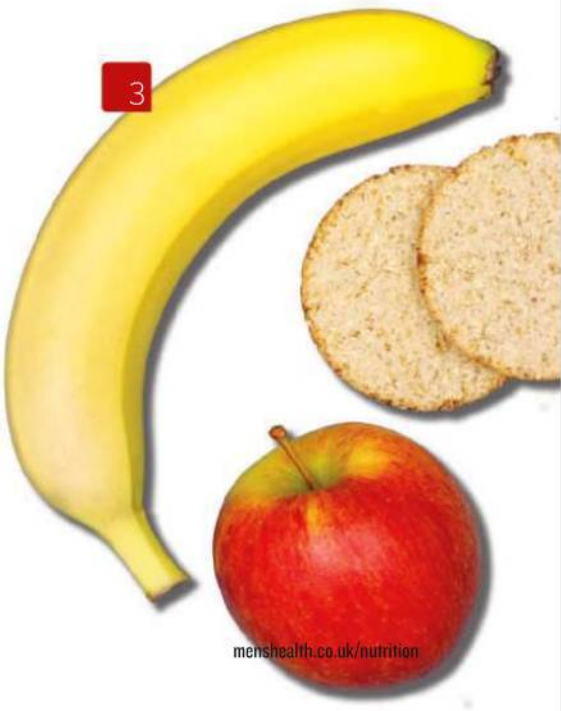
- **Roast chicken with lentil and yoghurt salad**

You need Roast chicken breast, wholemeal pitta, 50g Puy lentils, 80g sun-blushed tomatoes, 2 spring onions, parsley, lemon juice, red pepper, rocket, 150g reduced-fat Greek-style yoghurt.

Method Cook lentils. Grill the red pepper until blistered, then seal in a plastic bag. Skin and slice into strips. Halve the tomatoes, chop the spring onions and the parsley. Once cooked, drain the lentils and rinse. Mix the ingredients together and season to taste.

3 AFTERNOON SNACK

- Banana
- Apple
- Two oatcakes



5 DINNER

The perfect post-6pm balance of carb-free, fat-stripping nutrients

• Teriyaki salmon with spicy noodles

You need 1 wild Alaskan salmon fillet, 40ml teriyaki marinade, 100g fine egg noodles, 100g mangetout, 1 carrot, cut into thin strips, 1 tbsp sesame oil, 1 red chilli, finely chopped, 2 spring onions, coriander, lime juice, baby spinach, 50g bean sprouts, 1 tbsp toasted sesame seeds, ground black pepper.

Method Cover the salmon in the teriyaki sauce and leave to marinade in the fridge for at least 30 minutes. Preheat the grill. Sprinkle black pepper over the fish and grill for around six minutes until cooked through and opaque. Cook the noodles for four minutes in boiling water, steaming the mangetout and carrot strips over the pan. Drain the noodles and toss all the ingredients together. Serve with the teriyaki salmon. If you're still a touch peckish, tuck into a pear as a nutritious post-dinner snack.

4 SUPPER

The perfect final supper to keep the wolf from the door until you start all over again

• Miso soup with pak choi

You need One sachet of miso soup, 600ml boiling water, half a head of pak choi, 1 spring onion, 1 tbsp low-salt soy sauce, 1 tsp fresh grated ginger.

Method Place all your ingredients into a large saucepan and heat for approximately two minutes. Season and serve.

TOTAL NUTRITIONAL CONTENT
2500kcal, 130g protein, 300g carb, 87.6g fat, 58.2g fibre

PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

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VEGGIE MIGHT

Personal trainer Ray Klerck introduces six layers of veggie muscle-making

1 WHITE BAGEL

It's a quickly digested carbohydrate which enters your bloodstream fast and drives the protein from the egg into your muscles.

2 SLICES OF ONION

These are nothing to get teary about. The folate in onions works with vitamin C in the tomato and B12 in the egg to digest and use the protein in the cheese to build muscle.

3 SUN-DRIED TOMATO

These are high in copper, which strengthens those precious tendons you need to lift weights. It also helps you use the protein in the egg and cheese to build more muscle.

4 HANDFUL OF SPINACH

The zinc will raise your levels of the muscle building and fat burning hormone – testosterone. It packs a punch of the B vitamin, niacin, to lower your cholesterol and convert the calories from protein, fat and carbohydrates into energy.

5 SLICES OF MOZZARELLA CHEESE

Mozzarella is rich in phosphate, which metabolises fats and starches for energy and is low in fat compared to other cheeses. It also forces the protein and calcium into your muscles to beef you up.

6 BOILED EGG

Other than being high in protein, these muscle-building orbs have a secret weight loss ingredient – selenium. It regulates your thyroid, which keeps your metabolism high.

PHOTOGRAPHY PETER THIEDEKE. FOOD STYLIST LORNA BRASH. THANKS TO SAINSBURY'S 0800 63 6262 SAINSBURYS.CO.UK

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SEA SENSE

This snack takes no prisoners in easing the pain of your aching joints

SEEDED BAGEL 1

While the carbs in this wholemeal bagel will ensure your energy stores are replenished, it's the high mineral content of the seeds that will repair aching tendons.

A SQUEEZE OF LIME 2

These sour balls are busting with folate. Studies have found taking folate reduced the levels of homocysteine, an amino acid which increased the risk of bone fractures.

DILL 3

Rich in folate, too, it's also high in calcium and magnesium. A study found taking a mixture of these two minerals improved joint health in just 1-2 weeks. It may look like it belongs in a vase but a little nibble can save your knees from giving way.

A HANDFUL OF PRAWNS 4

These are full of polyunsaturated fats which have anti-inflammatory properties and stop the cartilage in your joints from eroding. Studies have also found their omega-3s reduce the symptoms of rheumatoid arthritis.

BABY ROCKET 5

These leaves are high in antioxidants and vitamins such as vitamin C, folate, calcium and manganese, proven to help your cartilage repair more quickly and strengthen your bones. And you thought it was just for decoration.

CAPSICUM PATÉ 6

Your joints can get sore and inflamed because of the free radicals created when you exercise. Antioxidants such as vitamin C sponge these up. You'll get your RDA of vitamin C when you spread out a thick dollop of these mashed peppers.

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HOW MUCH IS ENOUGH...

CHEESE?

A fast track to weight-loss and better bones, or a roadblock in your arteries? This will help you find the right route

TOO MUCH

Stray over the 40g limit and good cheese starts to go bad. While the NHS Nutrition and Dietetic Department warns that the fat, calorie and nutrient content of different cheeses varies, hard cheese tends to be highest in fat and calories. "A healthy diet should have no more than 35% of calories from fats," says Anna Denny of the British Nutrition Foundation. For the average man, that's 95g in total fats per day, of which no more than 30g should be saturated. "But two-thirds of the fat in cheese is saturated," says Judy More of the British Dietetic Association. "Regularly exceeding those sat-fat guidelines can cause a rise in bad cholesterol, diabetes and heart disease." A bitter taste even the Branston can't hide.

NOT ENOUGH

If your daily dairy intake weighs in at under 30g, you're missing an essential bone-strengthening calcium hit. The Food Standards Agency recommends getting your daily dose of the mineral (which also promotes fat loss) from different sources, such as one glass (200ml) of semi-skimmed milk, a small pot (150g) of low-fat yoghurt and 30g of cheese. "The key is making your calcium sources as varied as possible," says Denny. And that's not all. The Dairy Council found that eating just 10g of hard cheese, such as cheddar, after a meal raises the levels of calcium around your teeth, countering the eroding effects of acids.

ENOUGH

"A 30g piece of cheddar contains 30% of your daily requirement of calcium," says Denny. "Plus, it has three times the protein of any other dairy product [there's 10g in that 30g piece], along with eyesight-boosting vitamin A and bone-strengthening phosphorus," adds Carole Barr, nutritional scientist at the University of Massachusetts. Nibbling 30g of cheddar a day also provides around 25mcg of chromium, an amount which the American Dietetic Association found to be vital in combating bad cholesterol, hardening of the arteries and diabetes.

WORDS ROB KEMP. PHOTOGRAPHY PSC

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WHAT HAPPENS WHEN...

I EAT A CURRY?

Discover the benefits of tucking into a post-pub Ruby and how your body reacts to all that fiery heat

1 Red Alert

When that scalding vindaloo hits your tongue, neurons on your taste buds rush messages to your brain: heat, pain, lots of exclamation marks. It's all to do with a volatile compound called capsaicin. "Capsaicin is fat-soluble, not water-soluble, so beer will only fan the flames," says Cath Collins, chief dietician at St George's Hospital in London. But that won't stop you trying.

2 SO HOT RIGHT NOW

Your body tries to cool down by bringing blood vessels closer to the surface – causing you to go beetroot and sweat like Lindsay Lohan being breathalyzed. But according to a study at Nottingham Trent University, your body counters this heat by releasing endorphins, which will make you feel good. Soon you can't wait for your weekly dose of pain, much like Chelsea fans.

3 Eye Carumba!

It's not just your mouth that feels hotter than the devil's backside. "Capsaicin binds to the mucus membranes leading to your eyes, nose and ears," says Collins. "Your eyes and even nose attempt to neutralise this irritation with moisture." So if your nose starts running like an Italian soldier blame vasomotor rhinitis.

4 Scary Spice

"Extremely spicy foods strip the stomach's protective barriers, burning its lining," says Collins. They can also cause acid reflux, as your stomach struggles with the heat. As well as burning your throat for the second time, the acid could leave you waking up with Pete Doherty's teeth.

5 Ring Of Fire

"That capsaicin locks on to specific pain-sensitive nerve receptors," says Collins. As you drop the kids off at the pool, any residual capsaicin is smeared on to the sensitive skin, leading to burning. But a hot curry can also save your life. "Turmeric contains curcumin, a natural antibiotic that combats everything from dementia to colon cancer," says Collins. So, it's not only J-Lo's hot arse you should be after.

WORDS MATTHEW BARBOUR. ILLUSTRATION CHRISTIAN MONTENEGRO

menshealth.co.uk/nutrition

FEED YOUR BRAIN

Your diet could be sapping your grey matter of its power. Nutritionist Dr Carrie Ruxton tells you how to use food to make your mind sharper

For years, the workings of our brains were a mystery, but now scientists are unravelling how nutrition impacts our most complex organ. "The brain is made mainly of fat so it's not surprising that the balance of dietary fats influences mental performance," says Dr Tom Gilhooly of the Centre for Nutritional Studies. Your grey matter loves carbs, too, using over half the glucose we consume each day. Luckily it leaves protein alone, so your muscles can keep growing.

CRAB FOR DIRECTIONS

Foods rich in zinc are great for the brain. The European Food Safety Agency, recently awarded a cognitive function medal to zinc. It has been found to support the hippocampus, the part of the brain that helps us to remember where we are going and why. A portion of crab has half of your RDA of zinc. Now where were you going? Ah yes! The beach, for some crab...

SOYA FOR MEMORY

Memory could be boosted by a nutrient found in soya, which mimics oestrogen. This is clearly why women have a knack of remembering any minor indiscretion. A study in the *British Journal of Nutrition* found men who took soya isoflavone pills for six weeks significantly improved their memory. Drink soya milk and never forget another anniversary.

SARDINES FOR MOOD

Eating omega-3s for mental function is a no-brainer but now another fishy nutrient, selenium, has been found to benefit mood, as well as sperm health. A UK study published in *Biological Psychiatry* showed that taking a daily supplement of 100mcg per day significantly improved mood and reduced anxiety. And as we know, a happier brain is a more productive one. Sardines are an excellent source, supplying a tightly packed 80% of this amount in one tin.

BERRIES FOR LONGEVITY

With British berry season approaching, it's the right time to treat your grey cells to one of nature's finest antioxidants, vitamin C. According to a report in the *Journal of the American Medical Association*, men with a high intake of antioxidant-rich fruits are less likely to lose their mental faculties as they age. So chuck a handful of blueberries or strawberries on your breakfast cereal – they're really berry good for you.

WORDS DR CARRIE RUXTON. PHOTOGRAPHY MAX OPPENHEIM. FOOD STYLING LORNA BRASH

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Food for thought: the right meal can make the perfect brain

TEA FOR MENTAL AGILITY

Your morning cuppa does more than just lift the spirits thanks to the flavonoids and L-theanine found in tea. A study of more than 2,000 Norwegians found mental performance was superior in those who drank the most tea. "The best effects were seen when four cups a day were consumed," says The Tea Advisory Panel. Now tell your boss your tea break is a performance booster.

RED MEAT FOR INTELLIGENCE

Red meat is the jackpot source of iron – associated with optimal IQ. A study at Assiut University Hospital, Egypt, found young men with iron deficiency increased their IQ when they started eating more iron. Since government research shows nearly a fifth of UK men have too little dietary iron, it might be worth wheeling out the barbecue early this year.

GRAPE JUICE FOR LIST RECALL

If your desk is covered in Post-Its, swig a glass of Concord grape juice. A study presented at the International Conference on Polyphenols and Health showed that the ability to remember items on lists improved after 12 weeks of drinking grape juice. "Short-term memory was also boosted," says lead researcher, Dr Robert Krikorian. Sadly the same can't always be said of the vine's other popular product.

BROCCOLI FOR ANXIETY RELIEF

Folate isn't just for girls. Poor intake of this vitamin has been linked with apathy, irritability and anxiety (and you thought it was just your job). A study published in *Public Health Nutrition* showed that low folate levels in the blood were associated with negative mood swings. Shift the blues with a large helping of broccoli or peas... oh, go on, have that big steak with them as well, if you must.

EGGS FOR HEALTHY CELLS

We knew it strenghtened bones, but now vitamin D is thought to be essential for a healthy mind. A review by the Health Supplements Information Service reported that mental decline was twice as likely in adults with low levels of vitamin D. Eggs are a rich source, as is oily fish – a smart excuse to soft-boil some quail eggs with smoked salmon for breakfast.

OATS FOR MENTAL FOCUS

Fast carbs may be great for refuelling muscles but low-GI foods (slow digesting carbs) are best for mental focus. Swedish scientists evaluated memory and attention in 40 volunteers after two different breakfasts. The best results were seen after the low-GI breakfast, because blood glucose levels were maintained for longer between meals. So get your oats for an altogether cleverer day.

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101 WAYS TO BURN OFF A STELLA

We can't clear your head, but we can clear your conscience... If you do the crime, here's how to do the time it takes to burn off the 256 calories in the nation's favourite pint

At the gym

25 mins circuit training
17 mins skipping rope
34 mins lifting weights
20 mins breaststroke
28 mins backstroke
20 mins crawl
25 mins press-ups
8 mins running up a 15° incline at 9mph
23 mins stationary rowing
58 mins pilates
80 mins yoga
25 mins pull-ups
50 mins Tai Chi
25 mins star jumps

Out and about

22 mins cross-country skiing (moderate terrain)
40 mins skateboarding
29 mins roller blading
67 mins at the driving range
17 mins boxing
20 mins kickboxing

At work

88 mins filing
135 mins in meetings
88 mins photocopying
135 mins typing
134 mins surfing the net

On the town

45 mins disco dancing
80 mins playing pool
88 mins Christmas shopping
135 mins playing cards
101 mins driving a car
80 mins riding a scooter
80 mins playing darts
45 mins dancing flamenco
50 mins playing drums
88 mins gambling in a casino, standing
135 mins watching a match
101 mins socialising
135 mins eating dinner
101 mins karaoke
55 mins average sex

Round the house

101 mins making the bed
45 mins repairing electrical appliances
58 mins bathing the dog
94 mins doing laundry
67 mins washing windows
88 mins ironing
80 mins dusting
67 mins plastering
58 mins vacuuming
202 mins watching TV
80 minutes setting the table
58 mins mopping
53 mins scrubbing floors
101 mins changing light bulbs
80 mins clearing dishes
80 mins cooking

In the garage

67 mins repairing the car
45 mins waxing the car
67 mins washing the car
40 mins clearing out the garage

WORDS MATTHEW BARBOUR. ILLUSTRATION BARRY DOWNARD AT DEBUT ART. ADDITIONAL PHOTOGRAPHY GETTY. DATA COMPILED WITH *THE COMPENDIUM OF PHYSICAL ACTIVITIES TRACKING GUIDE*, BY NORMAN ARNOLD. FIGURES BASED ON THE AVERAGE, 12-STONE MAN. STELLA IS 20% AHEAD OF THE NEAREST COMPETITOR IN UK SALES, ACCORDING TO THE BRAND PERFORMANCE TRACKER SURVEY

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13 mins cycling at 20mph
22 mins cross-country running at 6mph
67 mins playing frisbee
40 mins whitewater kayaking (one-man)
34 mins fly fishing
101 mins fishing
25 mins hiking up hills with a 15kg pack
34 mins hiking cross-country at 4mph
22 mins mountain biking
61 mins walking at 3mph
29 mins scuba diving
13 mins running up stairs
80 mins bird watching

Sport

29 mins badminton
40 mins cricket
25 mins touch rugby
67 mins miniature golf
34 mins doubles tennis
25 mins singles tennis
17 mins squash
20 mins football
45 mins golf
67 mins crown green bowling

In the garden

34 mins building fences
50 mins bagging leaves
45 mins planting shrubs
37 mins mowing the lawn
50 mins sweeping
34 mins chopping wood
40 mins digging
29 mins sawing wood

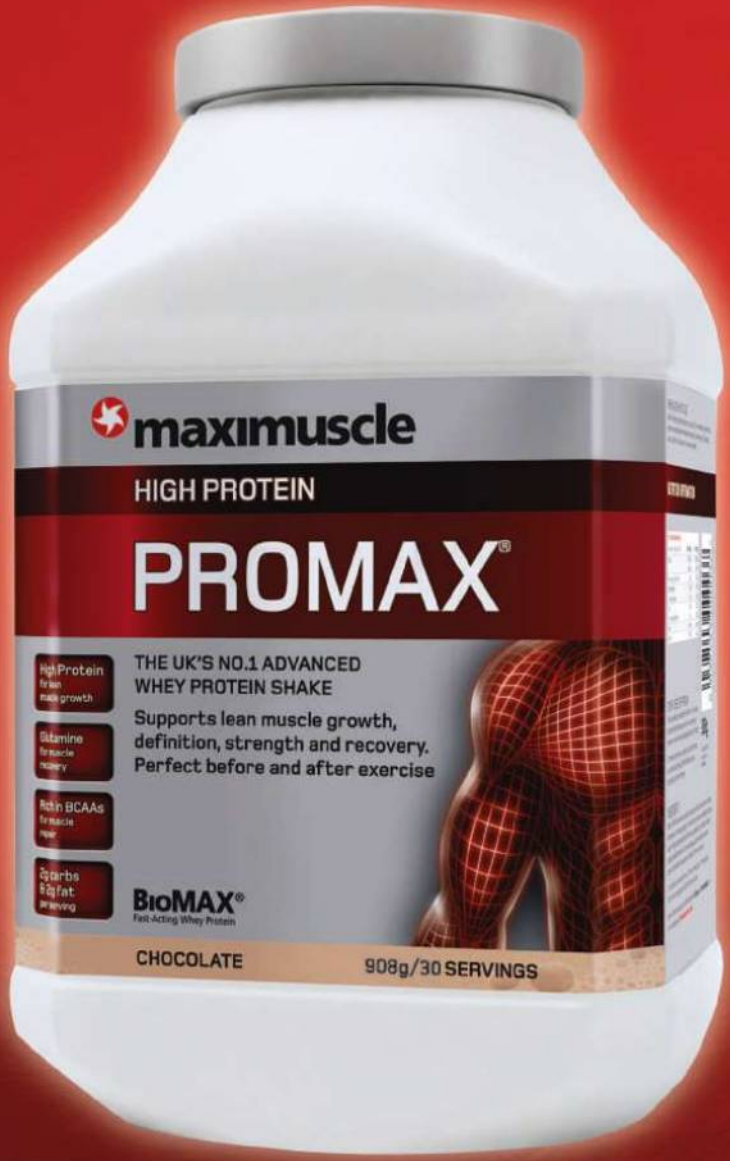
In the bathroom

101 mins showering
101 mins brushing your teeth
135 mins bathing
101 mins shaving

With the kids...

67 mins loading/unloading the car
50 mins general childcare
135 mins of board games
80 mins pushing a pram
88 mins taking down the Christmas tree
135 mins wrapping up presents

FITNESS • DEFINITION • STRENGTH • LEAN MUSCLE • PERFORMANCE • RECOVERY



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2. Contains Nitrogain® - a precise blend of antioxidants, minerals and amino acids that's exclusive to Maximuscle.
3. Naturally high in glutamine to aid muscle growth and repair.
4. In a recent survey, 9 out of 10 people felt their muscles were more defined after 3 weeks*.
5. Taking Promax results in faster recovery, increasing gains in muscle strength**.

908g/30 SERVINGS

*Online survey conducted by Loomerang on 1/5 men who exercise regularly and use Promax daily (2009). **Blacker et al. (2010) Carbohydrate vs protein supplementation for recovery of neuromuscular function following prolonged load carriage. Journal of the International Society of Sports Nutrition 2010, 7:2

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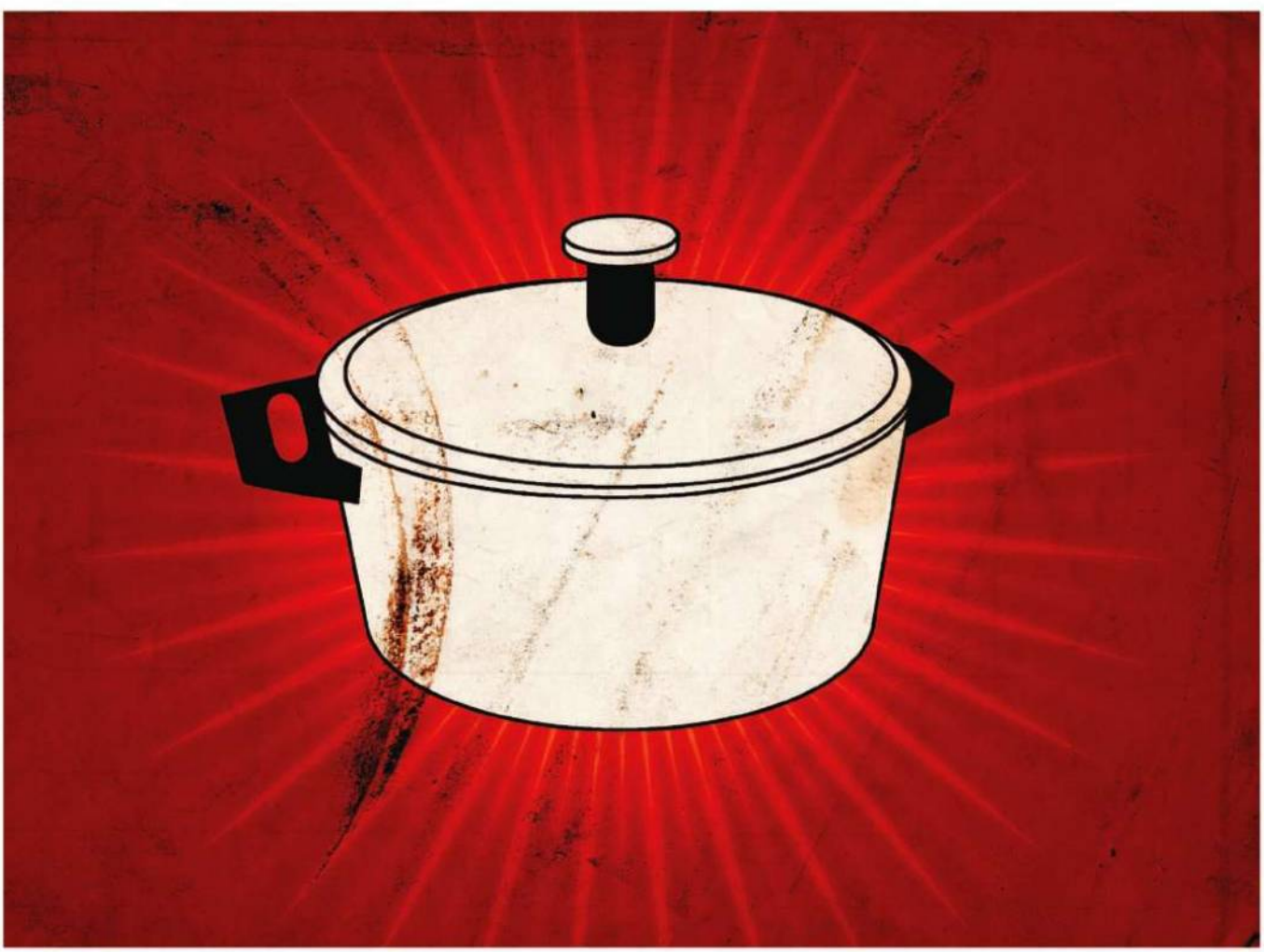
ONE-POT WONDERS

In your fast-paced world, easiest often means best. But with quick cooking often comes simplistic recipes bereft of the nutrients you need to not only carry you through the day but also fuel your workouts and repair your body. Our One-Pot series brings all the flavour of haute cuisine plus all *MH*'s nutritional knowhow to one single cooking utensil. From a lentil casserole to a prawn laksa, our dishes will serve up a smorgasbord of taste and – perhaps best of all – the washing up will take less than a minute



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UNDER THE LID
(per serving)
Calories 445kcal
Fat 23.4g (8.6g sat fat)
Carbs 31g
Protein 30.1g
Fibre 5.5g

PREPARATION TIME
30 minutes

COOKING TIME
2 hours

SPICY SCOUSE

This month's hearty Liverpudlian sailors' stew delivers a treasure chest of nutrients

INGREDIENTS
(Serves 4)

- 30ml vegetable oil
- 500g lamb neck fillet, in 2cm cubes
- 1tbsp plain flour
- 1 large onion, peeled and chopped
- 1 leek, sliced
- 3 carrots, peeled and roughly chopped
- 300g medium potatoes, peeled and quartered
- A few sprigs of thyme
- 1 bay leaf
- 3 beef or lamb stock cubes dissolved in 2 litres of boiling water
- 1 tin chickpeas, drained
- 1 red chilli, shredded from the stalk down but still attached
- Salt and freshly ground black pepper

METHOD

1. Man with a pan Heat the oil over a medium flame, keeping well away from flammable sportswear and moustaches.

2. High and fry Season the lamb with salt and pepper and coat with flour. Chuck it into the pan and fry until browned.

3. Slow burner Add the rest of the ingredients apart from the chickpeas and cover with the stock. Bring to boiling point (think Merseyside derby). Season to taste and simmer for two hours until the meat is tender (think West London derby). After an hour, add the chickpeas from the subs bench.

4. Use your loaf Dig out the chilli and bin it. Dish up the stew with crusty bread, adding green veg to super-charge the Scouse's already substantial nutritional credentials. Serve with a wry sense of humour and ale.

WHAT'S IN SEASON?

JANUARY

1 Chicory Contains insulin, so it should definitely be on your menu if you're diabetic. If you're not, tuck in for its digestion-boosting benefits.

2 Salsify This root vegetable is a great source of calcium, iron and phosphorus, the latter being essential for strong bones and teeth.

3 Shallots Onions' smaller, sweeter cousins, shallots are rich in vitamin C and also a good source of muscle-building protein.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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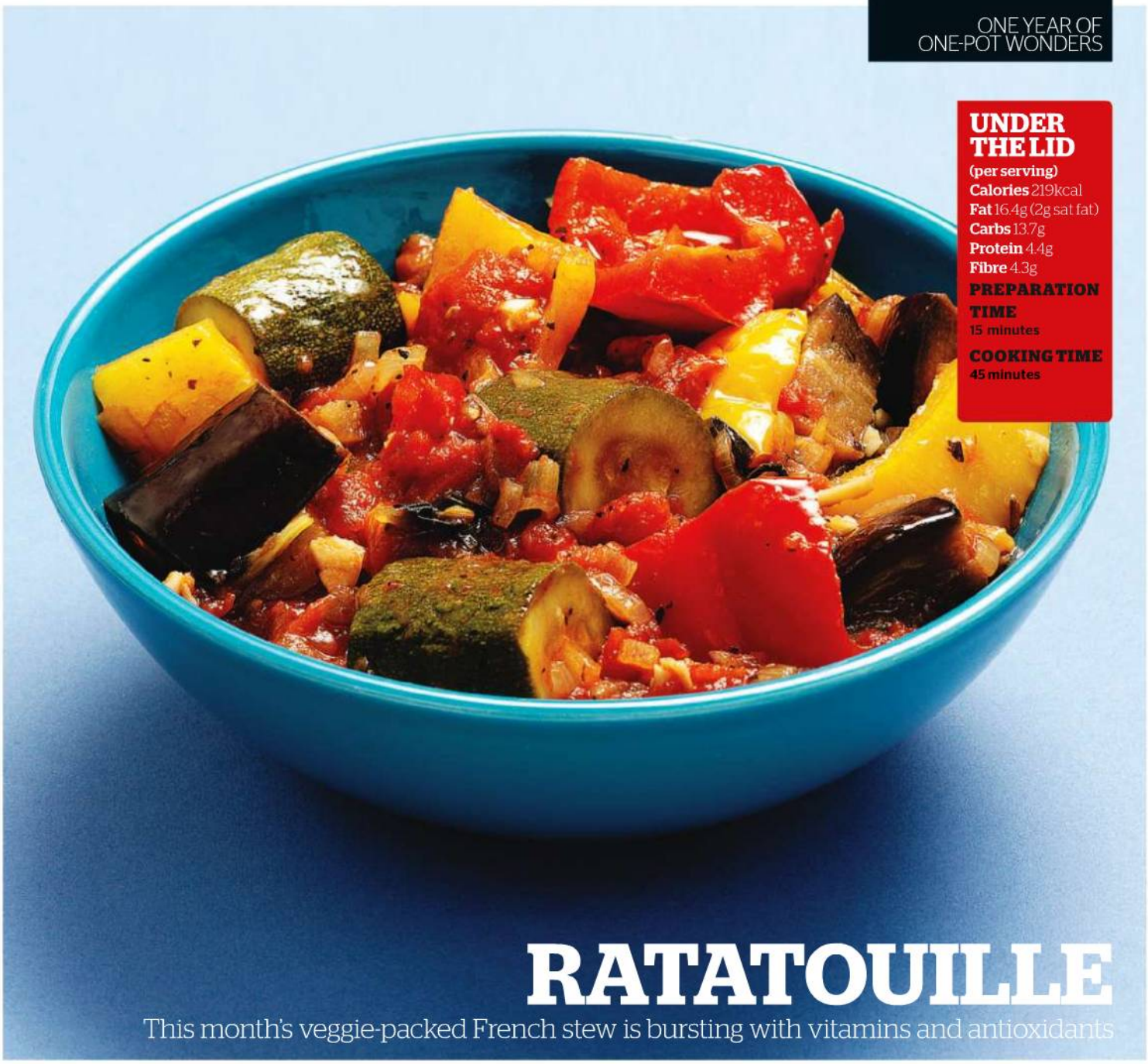

UNDER THE LID
(per serving)
Calories 219kcal
Fat 16.4g (2g sat fat)
Carbs 13.7g
Protein 4.4g
Fibre 4.3g
PREPARATION TIME
15 minutes
COOKING TIME
45 minutes

RATATOUILLE

This month's veggie-packed French stew is bursting with vitamins and antioxidants

WHAT'S IN SEASON?

FEBRUARY

1 Horseradish Horseradish contains glucosinolates, which increase your liver's ability to detoxify carcinogens.

2 Rhubarb Thinks it's a fruit but it isn't. This tart vegetable contains high levels of calcium – good if you're diary intolerant.

3 Chard One of the most powerful cancer-fighting foods around due to its phytonutrient and chlorophyll content. Go for the Swiss variety.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

INGREDIENTS
(Serves 4horseradish)

- 2 aubergines
- 1 red pepper
- 1 yellow pepper
- 4 small courgettes, 2cm slices
- 4tbsp olive oil
- 2 onions, finely chopped
- 3 cloves garlic, crushed
- 1tbsp red wine vinegar
- 1tsp sugar
- 1tsp crushed fennel seeds
- Handful of basil leaves, torn
- 1 tin chopped tomatoes

METHOD

1. Rough cut Slice the aubergines into chunks.

2. Taking the pith Pull out the stalks of the peppers, then cut them into three pieces. Scrape away any white pith and seeds, then chop into bite-size chunks

3. Flame game Seize your single pan. Heat 2tbsp olive oil, add the onion and fry for 5 minutes, then add the garlic. Crank up the heat and fry for 2 minutes. Add the fennel seeds, vinegar and sugar then let it thicken.

4. Vegging out Add 2tbsp olive oil, then the pepper pieces, courgettes and aubergines. Throw in the basil leaves. Cover and cook gently for 15 minutes.

5. Man with a can Add the tomatoes, season and cook for 15 minutes.

6. It must be loaf Serve with a green salad. Stripy jumper, beret and nonchalance optional. Crusty baguette recommended.

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UNDER THE LID
(per serving)
Calories 389kcal
Fat 28.4g (11.5g sat fat)
Carbs 7.7g
Protein 20.8g

PREPARATION TIME
30 minutes

COOKING TIME
40 minutes

GET INTO A STEW

Go Greek with a low-carb, high-protein lamb stifatho

INGREDIENTS (Serves 4)

- 400g lamb neck fillet, cubed
- 3 tsp ground cumin
- 2 tbsp olive oil
- 1 large red onion, finely diced
- 1 garlic clove, finely chopped
- 1 aubergine, cubed
- 400g chopped tomatoes
- 1 red chilli, chopped
- 2 tbsp chopped black olives
- 2 handfuls of fresh mint
- Salt and ground black pepper
- 2 onions, finely chopped
- 3tbsp plain flour
- ½ tbsp tomato purée
- 2 beef stock cubes in 1.5 litres water

METHOD

1. Lamb to the slaughter Mix together the lamb and cumin, but don't put them in the pot yet. Heat the oil in a heavy-based saucepan and stir in the onion and garlic. Cook for 5 minutes over a medium heat.

2. 'Gine genie Add the aubergine to the pan and toss it around to coat it in the oil. Reduce the heat and cook for 5 minutes until softened. Increase the heat and add the lamb pieces to brown thoroughly. Season, and add the tomatoes. Add a wine glass of water, the olives and the chilli. Bring to the boil, reduce the heat, cover the pan and simmer for 25 minutes.

3. Menthol twist Chop the mint and stir most of it into the stew. Sprinkle with the remaining mint and serve with plain Greek yoghurt.

WHAT'S IN SEASON?

MARCH

1 Spinach This dark green leafy veg is full of anti-oxidants. It also contains lutein, which helps protect your eyes against macular degeneration.

2 Purple-sprouting broccoli Especially good when young and tender, purple broccoli has one of the highest vit-C contents of all foods.

3 Water-cress The stuff you used to grow in egg shells when you were 5 is actually brimming with vitamin A and beta-carotene, both excellent for skin.

PHOTOGRAPHY ROB WHITE. FOOD STYLING SIAN DAVIS

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UNDER THE LID
(per serving)
Calories 542kcal
Fat 23.6g (8g sat fat)
Carbs 39.8g
Protein 37.2g

PREPARATION TIME
10 minutes

COOKING TIME
45 minutes

POWER UP PORKERS

Feed your muscles and replenish your energy with a delicious sausage and lentil hotpot

WHAT'S IN SEASON?

APRIL

1 Spring onions High in flavonoids, which have been shown to fight against cancer and heart disease. Pick the smallest, thinnest ones.

2 Sorrel Sour tasting but great with fish, Sorrel has been used for centuries as an anti-inflammatory, so eat after a tough workout.

3 Cucumber Although almost completely made of water, cumcumber contains sterols, which have been found to lower cholesterol.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

INGREDIENTS
(Serves 4)

- 2 tbsp olive oil
- 8 (or 6 big) good pork sausages
- 1 carrot, finely diced
- 2 sticks celery, finely chopped
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 250g puy lentils
- 150ml chicken stock
- 150ml red wine
- 1 sprig rosemary
- Salt and freshly ground black pepper tomatoes
- 1 red chilli, chopped
- 2 tbsp chopped black olives

METHOD

1. Bangers Heat 1 tbsp of olive oil in a large, frying pan and cook the sausages until browned, then remove them and set aside.

2. Go Gallic Add the rest of the olive oil to the pan. Cook the onion, garlic, carrot and celery for 5-10 minutes, until lightly coloured.

3. Carbload Return the sausages to the pan, along with the stock, wine, rosemary and lentils. Feel free to inform your sous chef that complex carbs and fibre are key to keeping blood sugar levels stable, so combining lentils with bangers means you won't be hankering for the cheesecake later.

4. Tuckrightin Bring to the boil then simmer for 30 minutes until the lentils have softened. Check the sausages are cooked right through (a bout of botulism could seriously damage your reputation), and remove the rosemary sprig before serving.

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UNDER THE LID
(per serving)
Calories 265kcal
Fat 8.4g (2.5g sat fat)
Carbs 29.9g
Protein 15.6g

PREPARATION TIME
15 minutes

COOKING TIME
10 minutes

SPICY PORK SOUP

A quick, simple and metabolism-boosting recipe for a single receptacle

INGREDIENTS
(Serves 2)

- 2 sachets miso soup
- 400g rice noodles
- Handful coriander, chopped
- 1 1/2 tbsp sesame oil
- 125g spring onions, sliced
- 1 garlic clove, finely chopped
- 1 small red chilli, finely chopped
- 5cm piece fresh ginger, peeled and grated
- 200g pork escalope, cut into 3cm strips
- 2 tbsp sherry or rice wine
- 75g shiitake mushrooms, sliced
- 100g baby spinach, chopped
- Soy sauce, to season
- 2 handfuls of fresh mint
- Salt and ground black pepper

METHOD

1 Take stock Boil a full kettle and make two mugs of miso soup, and set aside. Soak the rice noodles in a wok in the remaining boiling water for four minutes, then drain and divide the noodles between four deep bowls. Sprinkle with the chopped coriander leaves.

2 Wok's up Crank up the heat so your wok is super-hot. Add the sesame oil and swirl it around. Take the pan off the heat and add the spring onions, garlic, chilli and ginger. Stir and return to the hob for one minute.

3 Stirring finale Reduce the heat so the ingredients won't burn, then add the pork. Stir for three minutes to cook the meat, then add the booze and mushrooms. When the mixture becomes sticky, stir in the spinach until it wilts.

4 Bowl-time Load the pork and spinach mix onto the noodles, pour over the miso and season with soy sauce. Japan-easy.

WHAT'S IN SEASON?

MAY

1 Jersey Royals
Great with white fish, these speciality spuds are a good source of fibre and vitamin C. The later season ones are tastier.

2 Spring cabbage
It's not the sexiest vegetable but it is a one-stop nutrient store full of vitamin C, A, B, folic acid, phytonutrients, and fibre.

3 Rocket
This green leaf is at its peppery best in May. It's surprisingly rich in bone-strengthening calcium. Sprinkle some over a pizza to hide the bitterness.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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UNDER THE LID
(per serving)
Calories 362kcal
Fat 18.2g (11.7g sat fat)
Carbs 28.7g
Protein 12.4g
PREPARATION TIME
10 minutes
COOKING TIME
30 minutes

ASPARAGUS RISOTTO

Give the Italian classic a British twist for a nutrient-rich dish made in minutes

WHAT'S IN SEASON?

JUNE

1 Carrots After SPF30 sun lotion, carrots are your best defence against the aging effects of sun damage due to the high levels of beta-carotene.

2 Artichoke Full of heart-healthy folic acid and the vitmain C vital for muscle recovery. A good source of dietary fibre and excellent on pizza.

3 Turnips The nutritional role call includes manganese, potassium, vitamin B6 and bone-strengthening calcium.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

INGREDIENTS
(Serves 2)

- 500g British asparagus, woody ends trimmed
- 1 onion, finely chopped
- 300g Arborio rice
- 750ml chicken or vegetable stock, hot
- 75g butter
- 25g freshly grated Parmesan cheese
- Freshly ground black pepper
- Rocket leaves
- 1 sprig rosemary
- Salt and freshly ground black pepper tomatoes
- 1 red chilli, chopped
- 2 tbsp chopped black olives

METHOD

1. Cry baby Gently fry the onion inthe butter until it becomes soft and translucent.

2. Stock take Add the rice and cook for a few minutes on medium heat, stirring so it gets a good coating of butter. Pour in a generous ladle of stock and allow to absorb while you chop the asparagus into small pieces.

3. Stir crazy Once all of the liquid has disappeared, add the asparagus and another ladle of stock. Keep stirring until the liquid is absorbed, then keep adding the stock a ladle at a time, stirring continually.

4. Butter up When you're out of stock and the grains are softened and nutty to the bite, add the butter, Parmesan and black pepper to the pan. Cover and leave for 10 minutes.

5. Munch time Serve in warm bowls with a liberal sprinkling of black pepper and, if you like, a generous handful of rocket.

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UNDER THE LID
(per serving)
Calories 166kcal
Fat 0.5g (0.1g sat fat)
Carbs 37g
Protein 3.9g

PREPARATION TIME
30 minutes

COOKING TIME
40 minutes

RASPBERRY SORBET

Keep your cool with a simple and seasonal dessert

INGREDIENTS (Serves 2)

- 500g raspberries, frozen and thawed
- 125g caster sugar
- 300ml water
- 2 egg whites
- 100g fresh raspberries

METHOD

1. Blend your berries with a hand blender then pass through a sieve to remove seeds.

2. Turn up the heat Deploying your saucepan over a gentle heat, stir the sugar and water until the sugar has dissolved. Increase the heat and boil vigorously for eight minutes, or until the liquid has become a syrup. Allow the mixture to cool.

3. Give it a freeze Stir the syrup into the puree and pour into a shallow, rigid container (a plastic takeaway tray or old ice-cream tub will do). Place in the freezer for an hour, until just smooth, stirring after half an hour.

4. Whisk the whites until stiff. Fold into the smooth raspberry mixture after one hour and return to the freezer for half an hour.

5. Get it garnished Thaw for 10-15 minutes in the fridge before serving. Scoop the sorbet into bowls, sprinkle with the fresh raspberries, and go sit in the sun with a contented grin.

WHAT'S IN SEASON?

JULY

1 Sweetcorn This BBQ classic is a good souce of vitamin A, C and B3, which supports your metabolism and nervous system.

2 Garlic What it takes from your sweet breath it makes up for with allicin which helps reduce unhealthy fats and cholesterol.

3 Broad beans Thesecontains L-dopa, which stimulates dopamine, the neurotransmitter associated with pleasure.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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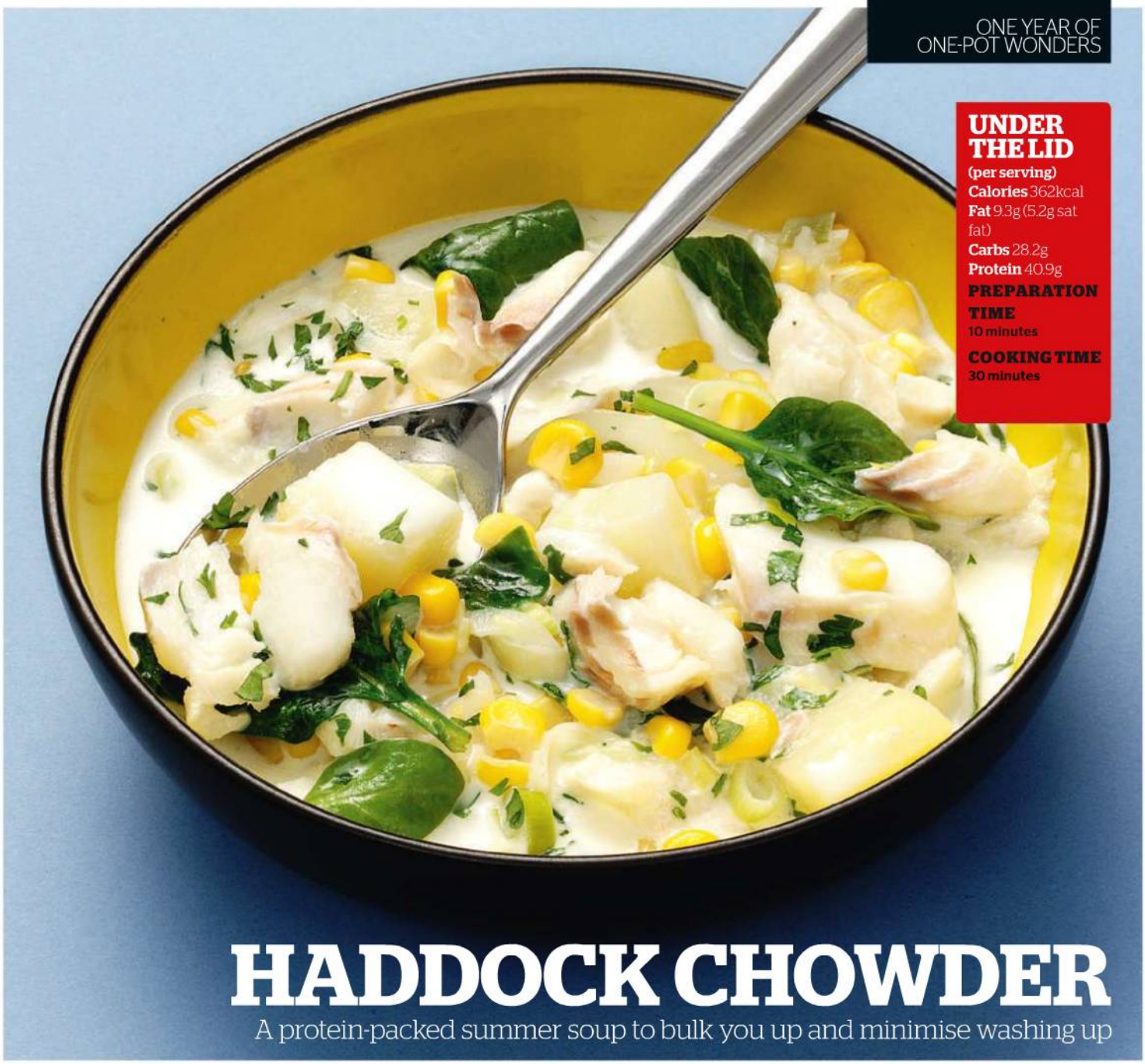

UNDER THE LID
(per serving)
Calories 362kcal
Fat 9.3g (5.2g sat fat)
Carbs 28.2g
Protein 40.9g
PREPARATION TIME
10 minutes
COOKING TIME
30 minutes

HADDOCK CHOWDER

A protein-packed summer soup to bulk you up and minimise washing up

WHAT'S IN SEASON?

AUGUST

1 Leeks With a similar nutritional roster to garlic, leeks are an excellent food to keep your heart ticking over.

2 New potatoes An excellent source of complex carbohydrates and keep the skins on for colon-protecting roughage.

3 Tomatoes OK, so they're a fruit, but the high levels of lycopene should not be overlooked as your first nutritional defence against cancer.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

INGREDIENTS (Serves 4)

- 550g smoked haddock fillets
- 1 pint semi-skimmed milk
- 15g unsalted butter
- 1 small leek
- 1 large onion, finely sliced
- 175g frozen sweetcorn
- 450g Maris Piper potatoes, cut into chunks
- 2 tbsp chopped flat-leaf parsley
- 1 bay leaf
- 4 tbsp reduced-fat single cream
- 100g baby spinach

METHOD (Serves 4)

1. Take a leek Trim the top and bottom, slice and wash through. Melt the butter in a large pan and sweat the leek gently for 5 minutes.

2. Milk it Add the milk to the leek. Heat gently then poach the haddock in the mixture for 5 minutes. Once done, carefully remove the fish fillets and put to one side.

3. Stir it up Chuck in the onions, sweetcorn, potatoes, bay leaf and 300ml of cold water. Simmer gently for 10 minutes.

4. Go fish Now flake the fish fillets into chunky pieces. Return to the pan along with half the parsley and the cream. Heat through gently for three minutes.

5. The finishing touch Stir in the spinach. Season and sprinkle with the remaining parsley. Pour into four deep bowls and serve with crusty wholegrain bread.

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UNDER THE LID
(per serving)
Calories 585kcal
Fat 20.1g
(2.8g sat fat)
Carbs 71.2g
Protein 22g

PREPARATION TIME
30 minutes

COOKING TIME
40 minutes

CRAB LINGUINE

A spicy Italian dish to fire up your metabolism and fuel your workout

INGREDIENTS
(Serves 2)

- 250g linguine
- 2 cloves garlic
- 1 red chilli
- 1 lemon
- 300g crab meat
- Watercress
- Extra virgin olive oil
- Salt and pepper
- Chopped parsley

METHOD
(Serves 2)

1. Pasta please Dust off your solitary saucepan. Boil the linguine in salted water for 8-9 minutes until al dente. Drain, cover and set aside.

2. Hot to pot Return the pan to a low heat and throw in the olive oil, garlic, chilli and lemon zest. Heat until the mixture sizzles gently.

3. So shellfish Chuck in the linguine, crab meat (shell not invited, even tiny bits), lemon juice and spring onions and toss over a medium heat for 2-3 minutes to warm the crab through. Any longer will dry it out and destroy the flavours, so keep it snappy.

4. Go green Add the parsley and a pinch of salt and pepper to taste. Serve immediately with lemon wedges and a watercress garnish.

WHAT'S IN SEASON?

SEPTEMBER

1 Kale This dark green leafy veg is packed with beta-carotene, which has been shown to promote healthy eyes.

2 Pumpkin Before you carve a face into it, eat some: pumpkin is also rich in beta-carotene, which may reduce the risk of certain cancers.

3 Mush-rooms Shrooms are nutrient dense, especially with selenium, which has been found to reduce cell damage.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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UNDER THE LID
(per serving)
Calories 486kcal
Fat 28.4g (8.9g sat fat)
Carbs 2.9g
Protein 42.8g

PREPARATION TIME
30 minutes

COOKING TIME
45 minutes

COQ AU VIN

For an antioxidant-rich muscle primer that's easy to cook and even better to eat

WHAT'S IN SEASON?

OCTOBER

1 Brussel sprouts
This cruciferous veg is a great source of iron and vitamin A. Look for the smaller, firmer ones.

2 Jerusalem artichokes
These are very rich in inulin, a carbohydrate linked with good intestinal health. Be warned: they are very farty.

3 Swede
Not the prettiest vegetable on the block, but you can forgive its looks for its huge mineral content.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

INGREDIENTS
(Serves 4)

- 8 large chicken thighs, skinned
- 25g butter
- 150g small shallots, peeled
- 4 garlic cloves, crushed
- 100g pancetta cubes
- 2 sprigs thyme
- 300g button mushrooms, brushed
- 300ml red wine
- 1/2 chicken stock cube in 300ml water
- 1 small sprig rosemary
- 1 bay leaf
- 1 tbsp chopped flat-leaf parsley
- Salt and freshly ground pepper
- 1 sprig rosemary
- Salt and freshly ground black pepper tomatoes
- 1 red chilli, chopped
- 2 tbsp chopped black olives

METHOD

1. Pan plan Locate le saucepan and le hob. Heat nearly all the butter, shallots and garlic over a gentle heat until lightly coloured. Add your pancetta and thyme and cook for 2 mins.

2. We are the champignons Toss in the mushrooms, crank up the heat and add the red wine, stock, rosemary and bay leaf.

3. Thigh time Add the sausages to the pan, along with the stock, wine, rosemary and lentils. Feel free to inform your sous chef that complex carbs and fibre are key to keeping blood sugar levels stable, so combining lentils with bangers means you won't be hankering for the cheesecake later.

4. Le grand finale Add the remaining butter and check the seasoning. Garnish with the parsley and serve with crusty brown bread or new potatoes. Pour yourself a large glass of vin rouge and serve, rudely.

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UNDER THE LID
(per serving)
Calories 456kcal
Fat 20.8g (10.9g sat fat)
Carbs 24.8g
Protein 43.3g

PREPARATION TIME
20 minutes

COOKING TIME
45 minutes

PRAWN LAKSA

This month's nourishing winter warmer guarantees to fill you up without filling you out

INGREDIENTS
(Serves 4)

- 1kg king prawns
- 3tbsp laksa paste
- 1tsp brown sugar
- 2 limes
- 400g low-fat coconut milk
- 1tbsp vegetable oil
- 2tbsp Thai fish sauce
- 150g trimmed French beans
- 200g egg noodles
- 250g bean sprouts
- 100g spring onions, chopped
- 3tbsp chopped, fresh coriander• 2 handfuls of fresh mint
- Salt and ground black pepper
- 2 onions, finely chopped
- 3tbsp plain flour
- ½ tbsp tomato purée
- 2 beef stock cubes in 1.5 litres water

METHOD

1. Shell out Remove heads and shells from the prawns and run a sharp knife along the back of each to remove the black vein.

2. Take stock Cover with 750ml of water and simmer for 15 minutes. Sieve out the prawny bits and set aside.

3. Use your noodle Return the pan to the heat and fill it with boiling water. Plunge in the green beans and the noodles for 30 seconds, then strain and set aside in one of the bowls.

4. All Thai-ed up Over a medium heat, fry the laksa paste in the vegetable oil for 5 minutes. Add the juice of one lime, sugar and Thai fish sauce. Pour in the prawn stock and coconut milk.

5. Soft prawn Simmer for another 5 minutes, then add the bean sprouts and prawns. Cook until the prawns are piping hot and pink.

6. Bowled out Finally, stir in the beans, spring onions and coriander and serve.

WHAT'S IN SEASON?

NOVEMBER

1 Beetroot Derived from wild seabeet, this shirt-stainer is rich in vitamin C, potassium and magnesium. The leafy tops are beta-carotene rich too.

2 Fennel The liquorice-flavoured bulb is a haven for free-radical fighting antioxidants. Shave into a salad and eat raw for the most benefits.

3 Marrow Although almost completely water, the marrow is a good source of dietary fibre. Scoop out the inside and fill with bolognese for a winter warmer.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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UNDER THE LID
(per serving)
Calories 370kcal
Fat 13.2g (5.5g sat fat)
Carbs 10.7g
Protein 48.5g

PREPARATION TIME
30 minutes

COOKING TIME
2 hrs

VENISON STEW

The most protein-packed meat on the butcher's block made delicious in a single pan

WHAT'S IN SEASON?

DECEMBER

1 Celery Everyone's favourite Bloody Mary garnish is packed with vitamin C while also containing heart-healthy compounds called Pthalides.

2 Red cabbage The many phytochemicals contained in this Christmas classic have been shown to inhibit the growth of tumours.

3 Celeriac Derived from wild celery, Celeriac is extremely high in fibre to protect your colon and ease digestion. Loads of vit C too.

PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

INGREDIENTS (Serves 4)

- 1.2kg of trimmed venison (neck or shoulder), cut into 3-4cm chunks
- 750ml red wine
- 2 cloves garlic, peeled and crushed
- 1tsp thyme leaves
- Vegetable oil
- 60g butter
- 2 onions, finely chopped
- 3tbsp plain flour
- ½ tbsp tomato purée
- 2 beef stock cubes in 1.5 litres water
- Salt and freshly ground black pepper

METHOD

1. Good i-deer Grab your saucepan and heat up the oil, while dusting your venison chunks with 1tbsp of flour. Fry up a handful of pieces at a time until they're nicely browned.

2. Frying low Heat the butter, then fry your onions for 5 mins before adding the crushed garlic. Fry for a further 3 mins. Throw in the remaining flour and tomato purée.

3. Thyme to simmer Make like a post-match Alex Ferguson and crack open that red. Pour it all into the saucepan – saving a glass for yourself – and add the thyme, stirring constantly. Bring your mixture to the boil and simmer away until the liquid has been reduced by about half.

4. Game on Throw in the stock and browned venison chunks and bring the whole lot back to the boil. Now cover with a lid and pour yourself a second glass. Simmer gently on a low-medium heat for 90 mins until the meat is tender.

5. Calm down, deer At the full time whistle (well, what better way to spend 90 minutes?) the sauce should have thickened into a tasty gravy. Serve with winter veg mixed in. Wellies and Barbour jacket optional.

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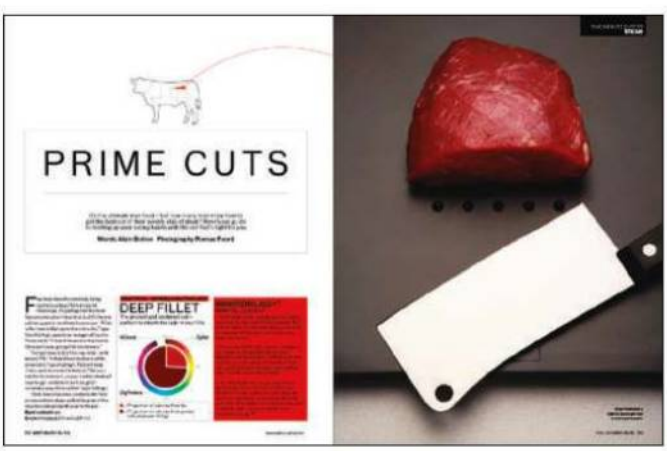
omsco
GO ORGANIC WITH EVERY BOWL
Because milk is in everything from cereal to tea, changing to organic milk can seriously up your organic intake. And as it costs less than £1 a week to switch to, now you can afford to go organic every day.
organic MILK
organic-everyday.co.uk

FIVE-MINUTE EXPERT

Practice makes perfect, so the saying goes, but come on: who has the time for that? Your life is busy enough without worrying about putting in the extra hours to add more strings to your bow. That's why we compiled these one-stop, fast-track guides to instant expertise in the kitchen. With tips, tricks and shortcuts from some of the UK's top chefs, plus more nutritional know-how than you could shake a Sabatier knife at, they'll make you a MasterChef in minutes

Indulge in the many pleasures of the flesh

Harness the power of vegetables



Every cut from the cow explained

It's time you gave the pig another chance

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From the cave-dweller and his mammoth steaks to last Sunday's bacon sandwich, meat has been man's constant dining companion. Rightly so. It tastes great and, reared correctly, is good for all concerned: you, Ermintrude and Porky. Here's your complete guide

Words Rebecca Seal Photography Simon Vinall

Pleasures of the flesh

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We give you the heads up on the tastiest cuts

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How can a nation famously known to the French as *Les Rosbifs* have such a poor legacy when it comes to meat? Being a carnivore can be like negotiating a minefield. Is red meat really nutritious or just a recipe for heart failure? Is free-range chicken actually better for you than intensively farmed? And just how do you roast lamb without it tasting like shoe leather? We figured the least we can do is tell you what's best to eat, where it's best to buy, how best to cook it and what's best to say about it. So, we've. done that. Enjoy.

Hit or myth?

Outspoken *Masterchef* judge John Torode, separates protein truths from cold-blooded lies in the search for the perfect cut of meat

Other foods aren't a patch on steak

Meat that's marketed as low fat is better for you

HIT☐ MYTH✖

If you want to reduce the amount of fat in your diet then cook your meat with the fat on and cut it off afterwards. You need fat to protect the meat from the intense heat of cooking and stop it shrivelling up.

Uniformity doesn't necessarily mean quality

HIT✖ MYTH☐

Too many people equate pretty pre-packed meat with taste and worth. That's completely rubbish. I say ask an expert – a man dressed as a bloody butcher in a butcher's shop. He will be able tell you what's good and how best to work with it.

Red meat should be red when you buy it

HIT☐ MYTH✖

When it comes to steak you don't want a solid slab of red. You want to see a layer of white fat about 1.5-2cm thick: yellow fat usually means the animal has been force fed grain. Veins of fat should run through the meat, giving it a marbled effect. This is what keeps good meat moist and tasty.

You get what you pay for

HIT✖ MYTH☐

Meat should be expensive. Think about beef. It's a cow, fed for years, then slaughtered, butchered and hung – many man hours and no cheap process. Hanging enables the lactic acid in the muscle to break down the proteins and connective tissue, thus tenderising and flavouring the meat. Good beef should be hung for three to four weeks; lamb for ten days; even pork for five. All that costs money, so you should pay for it.

BATTERIES NOT INCLUDED

Free-range meat is expensive and hard to source say the sceptics, but ethical eating champion Hugh Fearnley-Whittingstall begs to differ. It's good for your taste buds and, most importantly, your health

The accusation It all tastes the same and is no better for me than supermarket fare.
Hugh says "Not true. Just by looking at my own pigs snuffling about and eating windfall apples I know they'll taste better and healthier than anything raised undercover on an adulterated diet. And I'm not the only one: a trained taste panel at the Institute of Grassland and Environmental Research in Aberystwyth found grass-fed meat has a more intense flavour."
***MH* says** "Grass also contains the powerful antioxidant vitamin E, so it only stands to reason that eating meat reared on grass could help protect you from heart disease and cancer."

The accusation Happy meat is just hippy nonsense.
Hugh says "Happy meat is healthy meat, simple as that. The nutritional profile of beef from outdoor-reared cows, living longer with a more natural diet, is far better than that of indoor-reared beef from animals which are slaughtered younger and have less flavour."
***MH* says** "Oily fish doesn't have the monopoly on omega-3, you know. Grass-grazing cattle have higher levels of fatty acids than cattle fed on grain because the type of acid found in grass becomes converted to omega-3 once inside the animal."

The accusation Intensive farming isn't really cruel.
Hugh says "I've seen it, and it's awful. I challenge anyone to look inside a broiler house shed and ever eat a battery chicken again. To reason that a chicken crammed into a shed without room to move will be fattier and less meaty than one free to roam is really not rocket science."
***MH* says** "Whether you care about animal welfare or not, intensively farmed chickens are fed hormones and antibiotics to fight the increased incidence of disease in batteries. And who wants their food pumped with chemicals?"

ESSENTIAL KITCHEN KIT

The great thing about cooking meat at home is that you get to invest in some seriously good tools. Rebecca Seal whips up some recommendations

Coolskin gauntlets
Actual gloves (as opposed to those flowery oven mitts your mum's got) which are made from the same material used to protect firemen from intense heat and flames.
£18 lakeland limited.co.uk

Roasting pan
A decent roasting dish is a must. You could splurge three figures on one which will likely outlive you, but the Aga Cast Aluminium pan is ideal: scratch-resistant with a glass lid so you can keep an eye on things.
£60 amazon.co.uk

Meat mincer
Home-made burgers made by mincing good cuts are extremely satisfying. Using this robust little mincer offers a satisfying mini-workout, and all the messy bits go in the dishwasher.
£24 lakeland limited.co.uk

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The meat surgery

Red meat has long suffered from reputed links to heart disease. Dr John Briffa, Integrated Medicine expert, Highgate Hospital, London explodes five meat myths

As a source of iron, red meat is unrivalled. It's also rich in B vitamins, which do about a zillion positive things for your body, including helping your cells burn fat

1 Isn't meat full of saturated fat?

Actually half the fat in most meats, sometimes more, is monounsaturated – "good" fat. Dozens of studies have been done and to my mind they don't prove the link between saturated fat and heart disease, but of course a diet rich in saturated fat may point to one which is lacking in vegetables, thus raising the risk of disease.

2 I've always been told to cut down

If all you ate was butter, your saturated fat intake would be dangerously large. But we've been eating saturated fat for the entire time we've lived on this planet and we're very well adapted to eating it. It's stuff like margarine that we're not adapted for.

3 So red meat is important in a healthy diet?

Absolutely. As a source of iron it's unrivalled. It's also rich in B vitamins, which do about a zillion positive things for your body including helping your cells burn fat. Then there's the high level of zinc, crucial for brain function, and necessary since you lose about 3-5mg of zinc every time you ejaculate.

4 Is there a link between red meat and cancer?

A tricky one, but again it's about related factors. If you eat nothing but red meat, chances are you're not eating the kind of vegetables which might help protect against certain cancers (broccoli, cabbage, beetroot etc). If there is a link, it's more likely to do with processed meats rich in salt and preservatives.

5 So is all meat good for me?

Intensively farmed meat tends to be pumped full of chemicals. Lamb is good because it can't really be intensively reared and will probably have had a fairly natural diet. Same goes for venison, most game and rabbit. For pork, beef and chicken, opt for organic and free range.

For more information, visit drbriffa.com ▶

Pressing flesh: the ultimate stacked lunch

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Lamb and beef joints can be eaten rare as long as they're whole (ie bone-in), and aren't made from rolled pieces of meat

Are you a leg man or a rump man?

Love me tender

Smiths of Smithfield's John Torode turns up the heat for the very best in meat

The best steak

Make sure it's at room temperature. Get a dry pan very hot – don't put oil in it because it will burn. There's a strip of sinew which will curl up as you cook it and act like a rubber band on the meat, so snip it. Just before cooking, season the steak with salt and pepper on one side, then dribble on a little oil. Put the steak oil-side down in the pan and DON'T touch it. Leave it for 2-3 minutes. It'll sizzle and fill the room with smoke but don't panic. Take it out, then oil and season the other side. Three minutes each side is medium rare.

The best roast chicken

The trick is to pour a glass of water into the cavity of the bird. Then season with salt and pepper and place in a hot oven at 230°C. This method never fails to give you moist meat because it steams the inside as well as roasting the outside.

The best lamb

If you cook leg of lamb in a roasting tray, the top part cooks and the squashed bottom doesn't. So rest the lamb on a bed of carrots and potatoes. The meat cooks evenly and the vegetables roast in the flavours of the meat.

The best pork

Get a pork loin, and ask your butcher to score the skin, or do it yourself with a Stanley knife. The night before you roast the joint, boil the kettle and pour boiling water directly over the skin. Then pat it dry and rub with white wine vinegar. Sprinkle the skin with salt the next day and cook at 230°C for as long as the size of the loin demands. You can expect sublime crackling every time.

Smiths of Smithfields, 66-67 Charterhouse St, London, EC1. 020 7251 7950 smithsofsmithfield.co.uk

ADDITIONAL PHOTOGRAPHY: GETTY. SPECIAL THANKS TO THE GINGER PIG, MARYLEBONE 0207 935 7788 FOR THE MEAT, AND JOHNLEWIS.COM FOR THE KNIVES

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Meat mart

Wean yourself off cheap meats with the fleshy fare on offer here

The Ginger Pig
Supplier to some of London's best restaurants. Wide range of amazing sausages, burgers and fresh cuts, all originating from a North Yorkshire farm.
8–10 Moxon Street, London W1U 4EW, 020 7935 7788; and Weds–Sat at Borough Market, 8 Southwark Street, London SE1 1TL

Donald Russell Direct
Check out the meaty selection pack of unctuous mini roasts for £32. The meats come from grass-fed animals which are RSPCA-monitored – there's even welfare veal.
Harlaw Road, Inverurie, Aberdeenshire, AB51 4FR. 01467 629666; donaldrussell.com

Graig Farm Organics
Sells a vast range of organic meat as well as carefully sourced non-organic venison, pure-bred wild boar and goat. Boned and rolled pork loin is easy to cook, tasty, and will be thick with crackling.
Dolau, Llandrindod Wells, Powys, LD1 5TL. 01597 851 655; graigfarm.co.uk

Label Anglais
Gordon Ramsay says Label Anglais chickens are the best in the world. They live twice as long as supermarket chickens (80 days compared to 39). They work out at £10 each, but they're worth it.
Temple Farm, Roydon, Harlow, Essex, CM19 5LW. 01279 792 460; labelanglais.co.uk

Butts Farm Shop
This farm rears stress-free animals. Of note is the hill-reared lamb and no less than 26 cuts of beef. There's a minimum order value of £60 but that's a freezer full of good stuff.
South Cerney, Cirencester, GL7 5QE. 01285 862 224; buttsfarmshop.com

BEAT THE BUGS

Correct procedure is crucial for healthy carnivorous activity: a rare steak is so called not because it gives you a rare old night of dashing to the bathroom. Dr Judith Hilton, head of Microbiological Safety at the Food Standards Agency, runs us through the six dos and don'ts of dealing with meat

A choice cut is worth hanging around for

1 **DO** wash your hands thoroughly after touching raw meat.

2 **DO** separate raw meat from cooked and uncooked foods. Keep it in sealed containers in the bottom of the fridge, where it can't drip onto other foods, especially those which won't be cooked.

3 **DO** eat lamb and beef cuts rare, as long as they have been properly sealed to kill any bacteria sitting on the surface. Lamb and beef joints can be eaten rare too, as long as they're whole (ie bone-in), and aren't made from rolled pieces of meat.

4 **DO** cool leftover meat as quickly as possible and put it in the fridge to keep. If you reheat it, only do so once, and make sure it's piping hot all the way through.

5 **DO** freeze raw meat before the use-by date or the day you buy it. Then defrost it quickly in the microwave, or slowly in the fridge to prevent it getting too warm. Once meat is defrosted, use it within two days, and don't refreeze it.

6 **DO** cook kidneys, liver and other offal all the way through.

1 **DON'T** gut meat yourself. Let the butcher do it because if the intestines rupture they can easily spread dangerous bacteria.

2 **DON'T** wash poultry or raw meat. This spreads bacteria, which will otherwise be killed by cooking.

3 **DON'T** worry about the length of time meat has been in the freezer. As long as it has been correctly frozen, it will keep indefinitely, although the quality will drop the longer something stays in there.

4 **DON'T** use the same knife and chopping board for cooked meat after using them with raw meat, and vice versa.

5 **DON'T** serve rare meat when cooking chicken, pork, burgers or sausages. Check that none of the meat is pink by cutting into the middle: it should steam and ooze with clear juices.

6 **DON'T** let marinade that's been on raw meat get onto cooked meat.

For more information, visit food.gov.uk

Innards secrets

Fergus Henderson, the guts-loving restaurateur of St John in London, makes a compelling case for eating offal

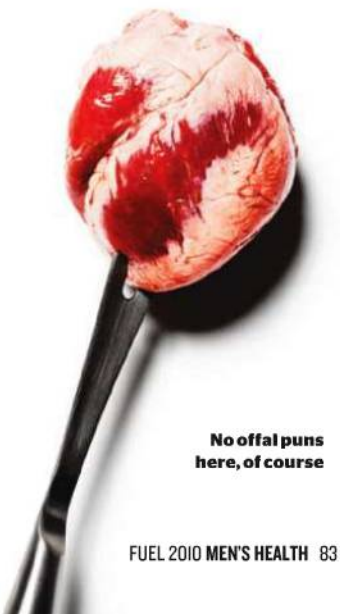
Tripe (stomach) "It can look scary because it's green and smelly, but cooked properly [simmered for 4-5 hours] with the right amount of chew and melt to it, tripe and onions is just divine." Offal is very rich in iron – essential for healthy blood.

Heart "Nothing demonstrates the nature of an animal quite like their heart does, and it has a wonderfully meaty texture. My kids rather like it."

Pig's head "If you braise it you get a lovely, wobbly half-fat-half-flesh experience, with little nuggets of meat in the middle. The cheek is really unctuous. Then there's the milky creaminess of the brain." According to the Agricultural Research Service's Nutrient Data Laboratory, brains contain four times as much bone-boosting phosphorous as poultry.

Pig's tails "A great introduction to the world of offal – first you braise them, then crisp them up in breadcrumbs. It makes them both fleshy and crunchy, plus you've a little bone at the end to act as a handle so they're easy to eat."

For more information on Fergus Henderson's restaurants, visit stjohnrestaurant.com MH



No offal puns here, of course

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GREEN GIANTS

Lean, green and clean – veg should be more than just an afterthought to the steak on your plate. *MH*'s expert panel are here to help you get the best from the healthy, knobbly stuff

Words Dan Jones Illustration Mick Brownfield

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SELENIUM WAGES WAR ON THE BRAIN DRAIN

Greens are great. This isn't a missive from the Vegan Council of Great Britain, it's prettypretty much an unarguable scientific fact. So why, then, when the men in white coats tell us that veg is the hero of the supermarket, do most of us still see it as a plucky sidekick to a main ingredient that's more often than not a slab of animal-derived protein?

The answer might be that we've never shown the green stuff enough love. "With vegetables, herbs and spices there is a real window for culinary creativity," says Michelin-starred chef Alexis Gauthier, whose London restaurant Roussillon serves some of the most critically acclaimed veggie dishes in Britain. In fact, he says, "it is possible to cook only with vegetables and the food still be diverse and amazing."

To prove it, Gauthier devised a sumptuous tasting menu in his restaurant that comprised of nothing that hadn't sprouted out from the earth. And those who tried it were convinced – some of the very best food in the world can be made from only veg. So whether you want them to be the main course, or the sidekick to something that once had a face, here's how to get the most out of your vegetables.

REFORMED MEAT

Why would you turn veg from a side dish into a main? Joseph D'Lacey, author of the novel *Meat*, explains

Meat is NOT essential for survival – a scientifically proven fact it has taken me years to accept. My first contact with vegetarianism was in my twenties through a girlfriend. She ate tasteless, texture-free food. I was always sneaking out for a kebab – the venture inevitably ended in failure.

Three years ago, after prolonged digestive problems, I started to think about diet differently – eating less meat and buying organic. I also began to research an idea which became the novel *Meat*. Footage of animal abuse and slaughterhouses hit me hard. I've since reduced my intake of fish, fowl and flesh. I eat meat only three or four times a year. This doesn't make me vegetarian but I'm getting closer. And my digestive troubles have gone. Tofu used to be my sworn culinary enemy – bland, tasteless pap. The key is to marinate it so that it absorbs the flavours you like most. Now it's my best friend. These days, meat is something I rarely even think about.

Meat, by Joseph D'Lacey is out now (Bloody Books). See meatnovel.com

SOME FAVOURITE MEALS

Toad-in-the-hole with cabbage, mashed potatoes and gravy
Use vegetarian Cumberland sausages for the toad. Vegetable stock with Bisto for the gravy.

Spaghetti Bolognese
Make your delicious sauce (Mama's recipe, naturally) and then add Textured Vegetable Protein (soya granules) for the "mince".

Hearty bean pots (Pasta e fagioli)
This couldn't be easier to make – simply throw in a pot of stock and simmer for half an hour, and pack a garden's worth of goodness.

HIT OR MYTH?

Nutritionist Carina Norris cuts through the fibs and fiction concerning the stuff on the side of your plate

1 ONLY EAT ORGANIC VEGETABLES

HIT☐ MYTH☒

Limits are set by the Pesticides Safety Directorate on how much residue can legally remain in food, well below the limits at which the chemicals could harm people's health. Not eating any fruit and vegetables is a much bigger risk to health.

2 FROZEN IS JUST AS GOOD AS FRESH

HIT☒ MYTH☐

Fresh veg starts losing nutrients the minute it's picked. Frozen veg, however, is "flash frozen" immediately after it's picked, stopping nutrient loss in its tracks. The only kind of veg that's better than flash-frozen is really fresh veg, the stuff with mud on it.

3 RAW VEG IS BETTER THAN COOKED

HIT☐ MYTH☒

Forget the health gurus who say the only way to eat veg is raw. Quick cooking – stir-frying or steaming – breaks down the cell walls, releasing nutrients and making them easier to absorb. Speed, though, is of the essence. Cook veg to mush and you may as well not bother.

4 VEGGIES ARE LOW IN PROTEIN

HIT☐ MYTH☒

Pulses are still vegetables and they pack a hefty protein punch, not to mention being virtually fat-free, so they won't clog your arteries. Soya beans are 14% protein. Red lentils and red kidney beans come a close second, at about 8.5% protein.

5 YOU NEED TO EAT YOUR FIVE-A-DAY

HIT☒ MYTH☐

But here's the rider: five is your bare minimum. Plant chemicals keep arteries fur-free, and thwart cancer cells. Second to quitting smoking, the best strategy to avoid the Big C is eating your fruit and veg. A tin of beans or a glass of orange juice counts as one portion. ▶

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Sergeant Pepper will keep your heart in good company

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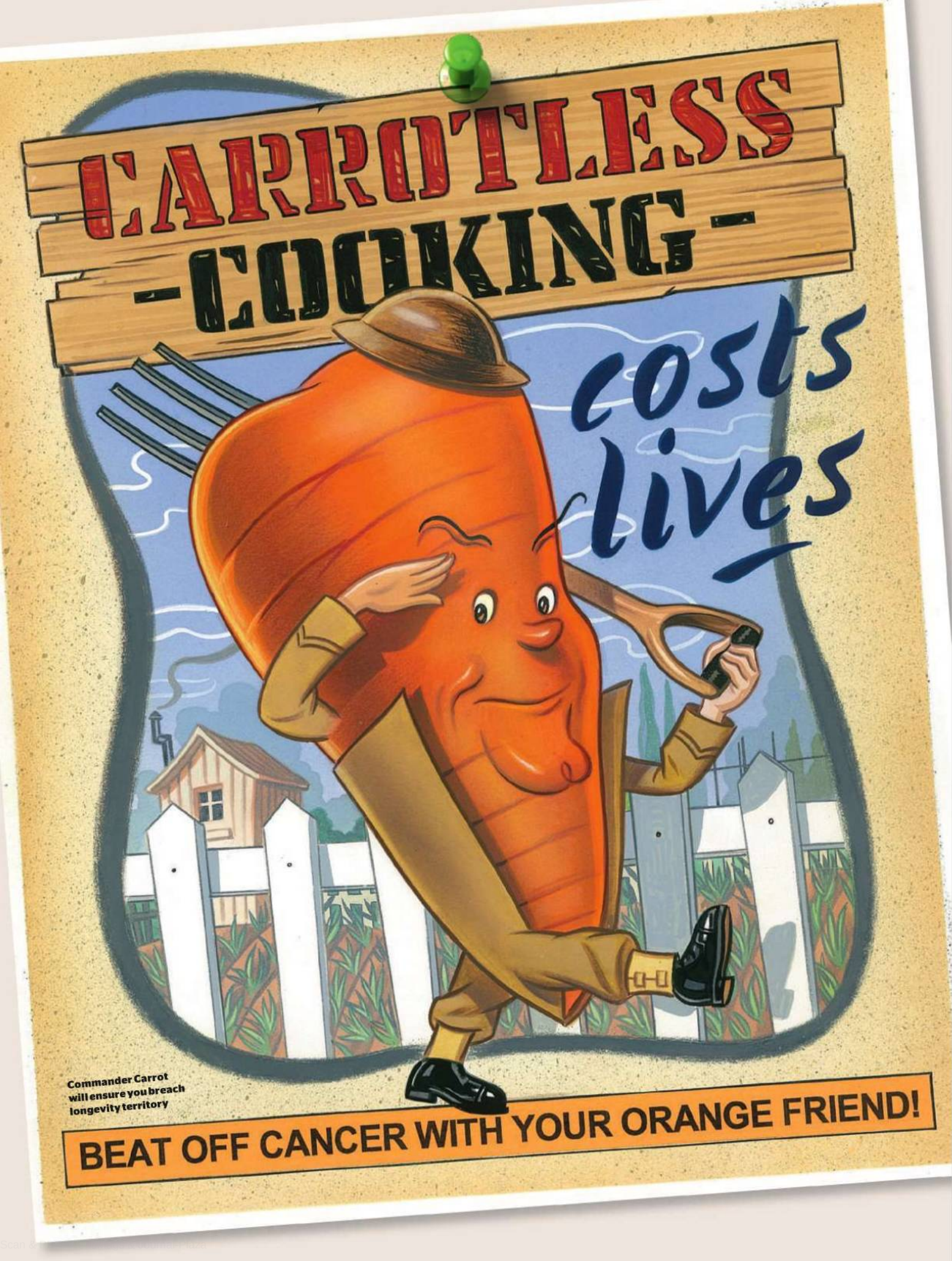
CARROTLESS
-COOKING-
costs
lives
Commander Carrot
will ensure you breach
longevity territory
BEAT OFF CANCER WITH YOUR ORANGE FRIEND!

GET SOME FRESH IDEAS

There's more to veg than bunging it in a salad, as Mark Bittman, author of *How to Cook Everything Vegetarian* shows you

ASPARAGUS AU GRATIN

Preparation time
15 minutes
Ingredients
- 675-900g asparagus
- 1 tbsp extra virgin olive oil
- Salt and black pepper
- Handful of grated Gruyère
- Parmesan and bread crumbs
- Fresh parsley

Method (serves 4)
1 Steam the spears until tender.
2 Preheat the grill.
3 Grease a baking dish.
4 Season the spears and place them in the dish. Cover with the cheese and breadcrumbs. Grill for 5 minutes. Garnish with parsley.
Per portion
263kcal | 8.4g carbs | 19.8g protein | 9.9g sat fat

PASTA WITH BROCCOLI

Preparation time
15 minutes
Ingredients
- 550g broccoli, cut into florets (or you can use cauliflower)
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- 500g penne

Method (serves 4)
1 Boil the veg in salted water until tender, then drain. Meanwhile, heat the oil in a large pan; add the garlic and cook until it sizzles. Then add the veg. Cook, stirring it , until it's hot and soft.
2 Cook the pasta for 8-10 minutes, drain it, then add it to the pan with the veg. Mix, and serve.
Per portion
567kcal | 94.7g carbs | 18.9g protein | 2.2g sat fat

CHOPPED SALAD

Preparation time
15 minutes
Ingredients
- Chopped vegetables: 2 celery stalks, 2 carrots, 1 small red onion, 1 cucumber, 1 red or yellow pepper, 4 handfuls of romaine lettuce
- 1 tbsp vinegar or lemon juice,
- 1 tsp Dijon mustard
- ½ tsp minced garlic
- 3 tbsp extra virgin olive oil

Method (serves 6)
1 Combine the veg and lettuce in a bowl; season and toss. Mix the vinegar/lemon juice, oil, mustard and garlic in a bowl.
2 Drizzle the dressing on the salad and serve immediately.
Per portion
108kcal | 7.7g carbs | 1.3g protein | 1.2g sat fat

GREEN MACHINES

The best kit, by Jason Atherton, executive chef at Maze

Magimix Le Duo juicer
I use it every morning to make a carrot, orange and ginger zinger. It gets me going and gives me vitamin C which, like the ginger helps keep away colds. £120 cookware.co.uk

KitchenAid blender
Amazing! Invaluable for whizzing together soups and purées. As I have a baby daughter it's pretty handy for pureeing foods for her. £100 cookinstyle.co.uk

Bamboo steamer
You can buy one from a Chinese supermarket – it keeps as many nutrients in your veg as possible. Steamed mushrooms and bok choi tossed in a little soy sauce are amazing. £10 typhooneurope.com

Global chef's knife
A good-quality paring knife for chopping everything from tomatoes to apples. Make sure you keep the blade sharp, to avoid injuries. £60 globalknives.uk.com

THINK INSIDE THE BOX

The veg that truly delivers: produce via post

1 Farmaround Organic (£12)
Based in London, they are supplied by both UK and EU producers.
Selection 8/10
Seasonality 10/10
Appearance 8/10
Taste 9/10
farmaround.co.uk

2 The Organic Delivery Company (£12)
Produce is primarily British, coming from Devon, Dorset, Norfolk, Somerset, Kent and Dorchester.
Selection 9/10
Seasonality 8/10
Appearance 8/10
Taste 9/10
organicdelivery.co.uk

3 Riverford Organic Vegetables (£13)
The South Devon Organic Producer group is a cooperative of 13 local farms that shares resources.
Selection 10/10
Seasonality 8/10
Appearance 9/10
Taste 9/10
riverford.co.uk

4 Abel & Cole (£11)
70% of the produce is British and any surplus is donated to homeless charities.
Selection 10/10
Seasonality 9/10
Appearance 8/10
Taste 10/10
abel-cole.co.uk MH

JASON ATHERTON'S MAZE COOKBOOK (QUADRILLE) IS OUT NOW. £20. FOOD PHOTOGRAPHY SCOTT PETERSON. ADDITIONAL PHOTOGRAPHY GETTY

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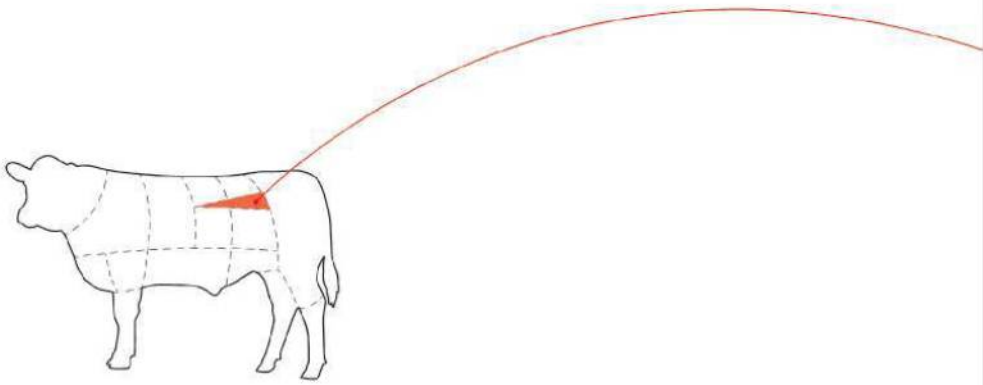


PRIME CUTS

It's the ultimate man food – but how many men know how to get the best out of their weekly slab of steak? Here's our guide to beefing up your eating habits with the cut that's right for you

Words Alain Bolton Photography Romas Foord

Few meats have the same lady-killing cachet as a beautifully prepared fillet steak. It's perhaps not the most flavoursome cut on the animal, but it's the one a dinner guest is most likely to wow over. "Fillet is the muscle that opens the cow's ribs," says Ryan Hattingh, operations manager at Gaucho Restaurants. "It does little work so the muscle fibres are loose, giving it its tenderness."

The bad news is it isn't so low in fat – with around 7%. "It should have no silvery-white sinew on it," says Hattingh. That will keep it lean, and improves the texture. "Get your butcher to remove it, or your cooked steak will have tough, inedible strips through it – not what you want from a fillet," says Hattingh.

Fillet, like rump steak, can be butterflied or pressed into shape so that the grain of the muscle cooks perpendicular to the pan.

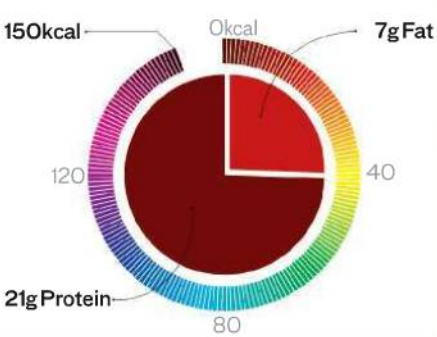
Best cooked rare

Expect to pay £20 (out); £9 (in)

BEST FOR... IMPRESSING THE LADY

DEEP FILLET

The priciest and tenderest cut – perfect to charm the lady in your life



■ – Proportion of calories from fat
■ – Proportion of calories from protein (all values per 100g)

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HOW TO... COOK IT

1. You'll need a heavy griddle pan with ridges. Heat it on the stove until it's hot enough that a few droplets of cold water take 3-4 seconds to evaporate (if the pan is any hotter your steak will scorch).

2. Brush very lightly with corn oil, and place your steak on the griddle with its most attractive side facing down. Salt the side that is facing up with a generous handful of sea salt. Let it cook until the meat starts curling away from the bars of the griddle.

3. Turn the steak over, using a set of blunt-ended tongs. Now cook for ⅓ of the time that the first side cooked. It's rare when the juices run red from it; a tiny bit of red in the juice indicates medium rare, brown/clear juice is medium, and clear juice comes from a well-done steak. ▶

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Don't butcher a fillet if you want her to love you tender

A rump steak needn't be the butt of jokes

If you've ever been charged by a cow – and we mean chased by a bovine, not billed by a grumpy waitress – you'll appreciate that the animal has a rare ability to move a ton of flesh and bone at great pace. Rump steak comes from the hardest-working muscle, and is only about 4% fat.

"The leanest cut comes from the heart of the rump, and is full of vitamins and enzymes, because it has received the most bloodflow," says Hattingh. Best if you want to stay lean while getting your vitamins and minerals.

"Ensure the muscle fibres are perpendicular to the pan so the juices can cook between the muscle fibres, and your steak will be beautiful and tender," says Hattingh. If you are going to ruin it by having it well-done, you may as well stick it in the toaster.

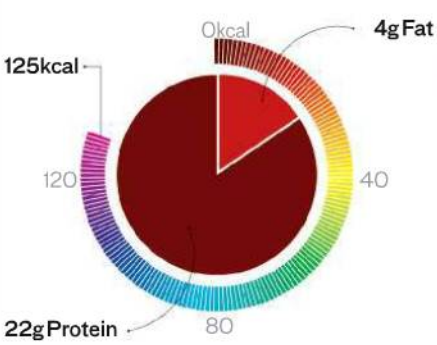
Best cooked rare

Expect to pay £12 (out); £4 (in)

BEST FOR... NUTRIENTS

TOUGH LOVE

Often considered the lowliest cut, rump is actually lean and vitamin-rich – and it doesn't have to be chewy



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HOW TO... BUTTERFLY IT

Supersize your joint for a bigger dinner

1. Place your steak – it should be a couple of inches thick – on a flat surface, with the "grain" horizontal

2. With a sharp knife, cut down, across the grain, to half the width of the steak.

3. Fold the meat out from the cut, so that it now sits on a new end, with the "grain" vertical.

4. Brush the steak lightly with some seasoned oil before you grill.

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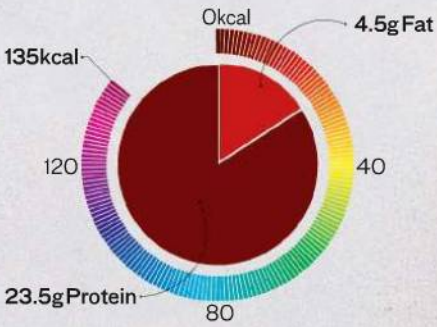
BEST FOR... ENERGY

ARISE, SIRLOIN

With an undeniably tasty blend of texture and taste, a sirloin is a good all-rounder cut, perfect for helping you build brawn



With an average fat content of 4.5%, sirloin is a good balance in flavour and texture between rump and fillet steak. If you're training hard, this is the tastiest muscle food money can buy.

It needs to be cooked slowly and for longer than fillet or rump, so the fat can melt into the meat and unlock the most flavour. Which is, of course, one of the main reasons for eating the thing in the first place.

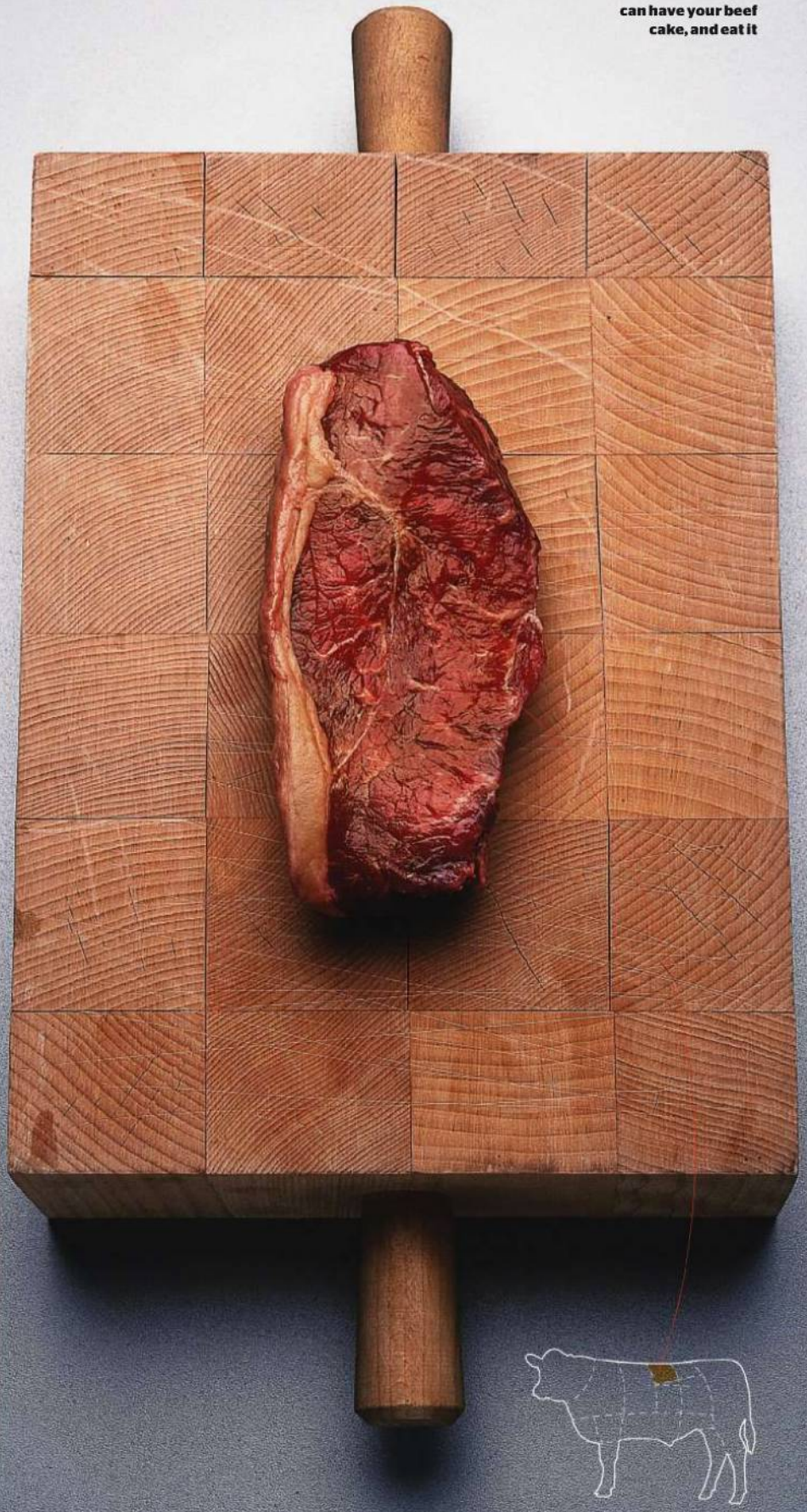
With a fattier cut, it's also good to go for grass-fed beef, as it contains healthier fats than grain-fed. A study at the University of Bristol found more omega-3 fatty acids in cows that graze – meaning a healthier heart and brain for you, if not for the poor, dead cow.

The same study found grass-fed beef also has greater levels of vitamin E, which helps protect your red blood cells. A study by Yale University indicated vitamin E also protects you from muscle damage – so stock up on steak if you're trying to beef up (sorry).

Best cooked medium rare

Expect to pay £14 (out); £7 (in)

With a sirloin you can have your beef cake, and eat it



»MASTERCLASS

WHERE TO... BUY IT

Buy your beef from these speciality suppliers for the healthiest, most vitamin-rich meat.

DONALDRUSSELL.COM Based in Aberdeenshire, and has the seal of royal approval.

TRADRAREMEAT.CO.UK Specialise in Dexter beef – grass-fed cattle producing low-fat meat.

WHITFIELDFARMORGANICS.CO.UK Organic beef from grass-fed Angus cattle.

THERAREBREEDMEATCOMPANY.CO.UK Supply rare breed, healthy, grass-fed beef.

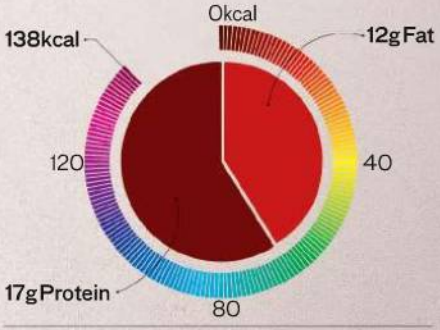
THEGINGERPIG.CO.UK Farmed in Yorkshire, sold out of London. *Men's Health*'s favourite.

HUNTSHAM.COM Beef from Longhorn cattle.

BEST FOR... MUSCLE BUILDING

EYE ON THE PRIZE

Rib-eye gives you the most flavoursome steak – but save it for special occasions, or periods of really hard training



"I call rib-eye 'the steak-lovers' steak'," says Hattingh. But at 12-14% fat, be prepared to burn serious calories afterwards.

Rib-eye is made up of two types of meat – the sirloin and skirt muscle from below the cow's shoulder. Its iron helps regulate your metabolism to give you energy all day.

As there is a lot of fat, flash-frying it and eating it rare won't get you the best flavour. "You should buy small, thick rib-eye steaks," says Hattingh. "Cook them for longer without turning them into charred bricks. You'll get more flavour as the fat within the meat effectively gets the steak to self-baste."

Best cooked medium to medium-well
Expect to pay £15 (out); £6 (in)

Many thanks to Gaucho restaurants (gauchorestaurants.co.uk)

MASTERCLASS

HOW TO... MARINADE IT

A spicy marinade can reduce cancer-forming compounds by 80%. Here are the best

SMITHS OF SMITHFIELD MARINADE
By John Torode of Smiths of Smithfield

Cut your steak into strips and marinate in 50ml of light soy sauce and 1tsp sesame oil. Grill, turning every 30 secs. Serve with peanut satay*.

DUE SOUTH MARINADE
By Michael Bremmer of Due South, Brighton

150ml olive oil, 2tsp cracked black pepper, 1tsp grain mustard, 1tsp tarragon, 1tsp sea salt, 1tsp chopped garlic, splash of port. Marinate.

GAUCHO MARINADE
By Ryan Hattingh of Gaucho

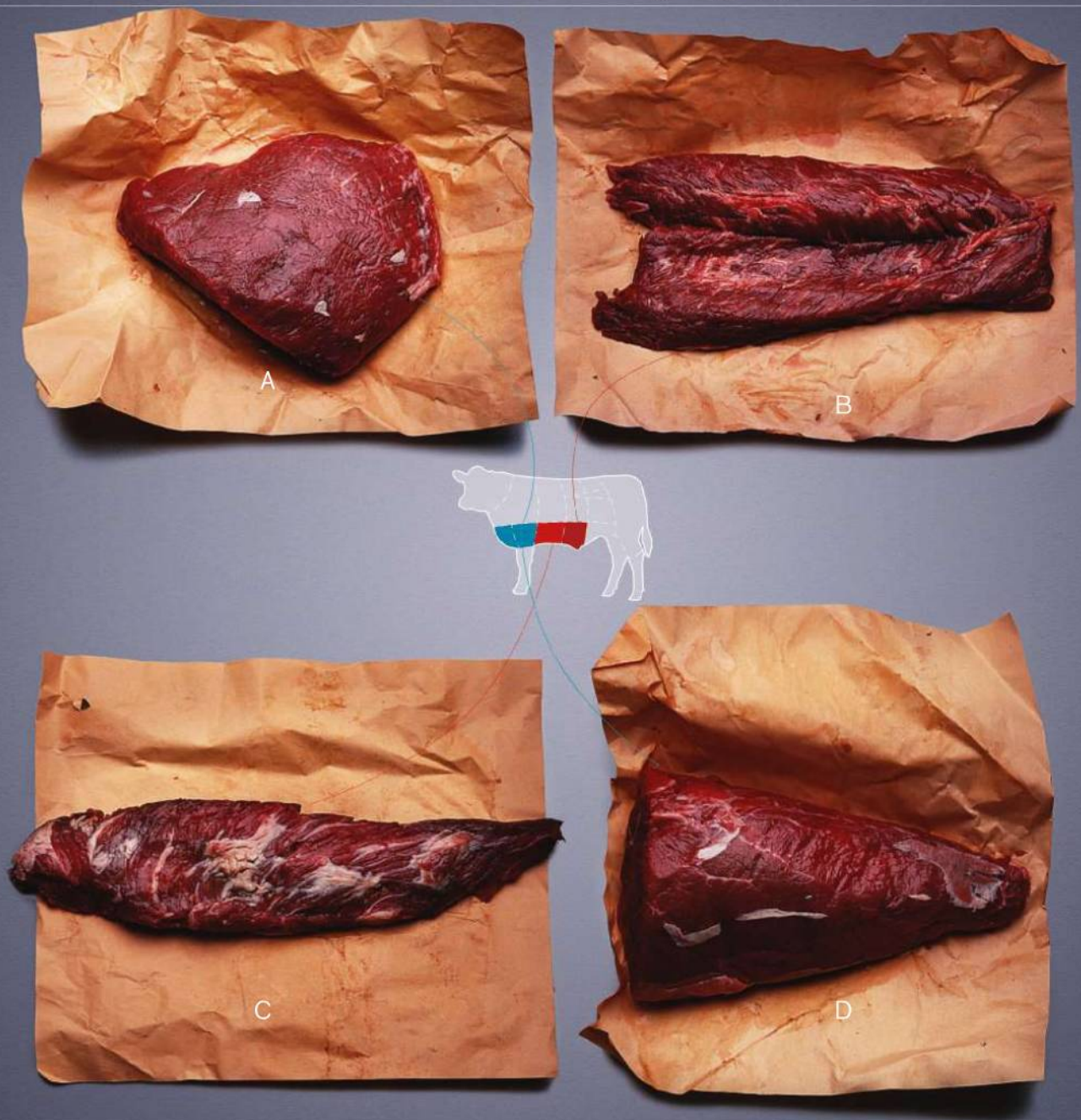
Combine ½ chopped green chilli, ½ romero pepper, 4 pinches of dried oregano, ½ cup olive oil, 1/8th cup distilled vinegar. Marinate.

A rib-eye for a rib-eye will make the world full

ILLUSTRATION BRINDEAU MEXTER. *ADAPTED FROM JOHN TORODE'S BEEF, QUADRILLE, £20. MEAT COURTESY OF GAUCHO RESTAURANTS. HANGER STEAK, SKIRT STEAK, FLAT IRON STEAK AND FEATHER STEAK ALL FROM THE GINGER PIG, THEGINGERPIG.CO.UK. KITCHEN EQUIPMENT FOR FILLET: JOSEPH JOSEPH CUT AND CARVE BLOCK. SABATIER RIVETED CLEAVER, HEALS.CO.UK. RIB EYE: SABATIER 3 PIECE CARVING SET, HEALS.CO.UK. RUMP: MARBLE PASTRY BOARD, MARKSANDSPENCER.COM. EVA TRIO STEEL CARVING SET, COOKWARESSENTIALS.CO.UK. SIRLOIN: EVA TRIO CARVE IT LARGE CHOPPING BOARD, COOKWARESSENTIALS.CO.UK

LEAN TIMES, **FAT CUTS**

Steak is always a treat, but it doesn't have to break the bank. As the world tightens its belt, more people are looking to less fashionable cuts of beef that prove thrift needn't be a substitute for taste. Master butchers at The Ginger Pig suggest where to look



A FEATHER STEAK

While traditional steak cuts emanate from the hindquarter of the cow (think tenderloin, rump, sirloin etc), the forequarter can yield unparalleled taste and tenderness. It's close to the shoulder blade and its name comes from the fine fat marbling detail resembling a bird's feather when sliced. A more-ish steak.

B HANGER STEAK

The French have been fans of this for years (they call it *onglet*). So-called because it's the part of the diaphragm that "hangs" between the last rib and the loin, its proximity to the kidney gives this cut its intense, rich flavour. It's divided by a connective tissue, which must be removed. Serve medium-rare to avoid toughness.

C SKIRT STEAK

Taken from the belly plate, and therefore a tougher piece of meat, advocates of skirt still swear by its superior taste. Although often divided into strips for dishes like fajitas, when cut against the grain and tenderised with an acidic marinade (wine vinegar, lemon juice) skirt makes for a sumptuous steak. Grill high and fast.

D FLAT IRON STEAK

This is a relatively new discovery so it pays to know exactly what you're asking for. It originates from the top blade of the animal, which is a gristly, sinewy muscle area. However, when sliced in such a way as to eliminate the tough connective tissue, you are left with an incredibly tender steak from a cheap cut. MH

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Sow's about an Old Spot of lunch then?

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PORK'S REVENGE

Spain loves it, Italy loves it, even educated Frenchmen love it – pork is overdue a UK renaissance. As packed with protein and nutrients as red meat but at a fraction of the cost, we're hailing pork as the stealth steak. This is the MH guide to pigging out for healthy appetites

Words David Morton
Food Photography Rob White

Hogs have a dirty secret: they're not all they're fattened up to be. Take too much stock in what you read in the tabloids and you'd be forgiven for thinking that pork is single-handedly responsible for all our modern ills. Bacon, it is now claimed, increases your risk of leukaemia. Sausages have alleged links with bowel cancer. And lest we forget, pigs are currently footing the bill for a global flu pandemic. Such scaremongering and doomsaying gives swine a bad name, and unfairly so.

The third white meat is workout protein par excellence. If you want all the muscle-building benefits of beef with a fat-to-lean-meat ratio comparable to turkey – which you do, right? – then pork should be a diet staple. A pork fillet tenderloin, for instance, might contain 40% less fat than a skinless chicken joint. Better still, what fat you'll find there will do your heart no harm either. The US Department of Agriculture claims that as much as 41% of the fat content in a single slice of bacon consists of the same oleic acid that makes olive oil so good for your cholesterol levels.

Serious bulking up isn't off the menu either. A 100g serving of pork provides 65% of your RDA of thiamin, the B vitamin necessary for the efficient metabolism of carbs into energy and essential for the growth and repair of muscle fibres. High levels of vitamins B2 and B3 (riboflavin and niacin) and the mineral benefits of phosphorus, magnesium, iron and zinc regulate energy release throughout the day, strengthen bones to prevent injury and bolster your immune system. In short, it's the best-smelling, finest-tasting multivitamin money can buy.

Nor does it take a barrow-load of money to buy a fair bit. A quick price comparison at the Tesco deli counter reveals that an organic pork steak weighs in at £11.27 per kilo, half the cost of beef fillet (£23.49 per kg) and over £5 cheaper than chicken breast (£17.49 per kg). And that's just one of Percy's prime cuts. Pork is the barnyard's most versatile meat, with virtually everything but the oink adaptable for good eating. From hams to roasts, cures to grills, pâtés to terrines and brawns to braises, a pig can feed a family of four for six months.

But let's not get carried away – not everyone is partial to a trotter pie or a crispy pig's ear. Still, even the commonest cuts yield comestible mileage, which is why over the next four pages we've got decorated chefs showing you what to do with the nation's favourite porcine portions, all the nutritional functions they'll serve, plus ingenious alternative uses for your leftovers. Read on, dig in, pig out. ▶

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LEG

Best for... weight-loss

There's more to life than turkey breasts. Gammon or ham, taken from the loin end of the hind leg, packs in more protein with minimal fat marbling, making it ideal if you're looking to lose pounds but maintain muscle.

Average cost per kilo **£5.98**
Best cooking methods
Boiling, roasting, curing
Meat equivalents
Leg of lamb, beef silverside

NUTRITION DATA (per 100g with fat trimmed)

Calories	**103kcal**
Protein	**20.1g**
Total fat	**2.2g**
Saturated fat	**1.2g**

Maple and Five Spice Glazed Gammon
(serves 6)

By Mark Poynton, head chef at Alimentum in Cambridge
restaurantalimentum.co.uk

Ingredients
1kg boned gammon joint with skin
300g maple syrup
100g vegetable oil
25g roasted Chinese five spice

1 Place the gammon joint in a large pan and cover with cold water. Bring to the boil and simmer for 2 hours.
2 Allow the gammon to cool in the water, remove the skin and score the fat by making criss-crosses with a sharp knife. With a hand blender, combine all the other ingredients and rub the mix over the meat. Place in a pre-heated oven at 220°C/gas mark 7.
3 Keep checking the joint until the skin looks caramelized. Remove from the oven, leave to rest for 20 minutes then carve. Serve with potato salad and pretend to your guests that it was really complicated to make.

> Pork is leaner than the other red meats. Lamb and beef both have fat 'marbled' throughout the cut that is impossible to remove but the fat on a pork chop can be easily cut off to further reduce fat content

SECOND HELPINGS

HAM AND PEA SOUP

If you've made the dish above and reserved the poaching stock, then you're already halfway to a week's worth of low-fat lunches

Ingredients
- 200g yellow or green split peas, rinsed and drained
- 1.5 litres reserved gammon stock
- Leftover gammon, roughly chopped
- 1 carrot, chopped
- 1 onion, chopped
- ½ leek, chopped
- 2 bay leaves
- Chopped parsley

1 Strain your stock, pour into a clean pan with the peas and bring to the boil. Skim off any scum that forms on the top.
2 Add the veg and bay leaves, season, cover with a lid and simmer for 40 minutes.
3 Remove the bay leaves then blitz with a hand-held blender. Garnish with gammon pieces and parsley. Slurp away.

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SHOULDER
Best for... versatility

From Great British Sunday lunches to Deep South BBQ pulled pork sandwiches, the pork shoulder is a gnarly cut that undergoes a magical transformation when cooked low and slow to please all palates.

Cost per kilo **£2.97**
Best cooking methods
Slow cooking, smoking, sausage making
Meat equivalents
Beef brisket, shoulder or leg of lamb, turkey leg

NUTRITION DATA (per 100g)

Calories	**186kcal**
Protein	**17.3g**
Total fat	**12g**
Saturated fat	**4.1g**

FOOD PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY. CROCKERY AND CUTLERY FROM A SELECTION AT IKEA.COM

Apricot and Marjoram Stuffed Pork Shoulder
(serves 8)
By Mark Poynton, head chef at Alimentum in Cambridge
restaurantalimentum.co.uk

Ingredients
1 x 2.5kg boned and butterflied pork shoulder (ask your butcher to do this)
250g sausage meat
150g dried apricots, chopped
30g marjoram
1 egg
100g bread crumbs

1 Combine all the stuffing ingredients into a firm mix and season well. Apply the mix to the inside of the opened shoulder, roll up and place skin side up on a roasting tray. Tie the joint with butcher's string and season.
2 Place into a hot oven (220°C/gas mark 7), then after a 15-minute blast turn it down low (150°C/gas mark 2). Leave for 3½ hours until the skin looks nice and crispy.
3 Remove from the oven, wrap in tin foil and leave to rest for 20 minutes. Cut off the string, then carve your meat into thick slices and serve with roasted sweet potatoes and an endive salad.

> Oily fish gets the plaudits, but pork is also a rich source of omega-3 amino acids, which reduce your risk of cardiovascular disease and prevent joint inflammation

SECOND HELPINGS

PULLED PORK SANDWICH

Get two meals out of your joint by cutting it in half and prepping one half for an authentic Boston BBQ classic (made in your kitchen)

1 Remove the skin from your joint and massage a liberal mix of dried herbs and spices - try paprika, cumin, cayenne pepper, chilli powder and onion powder - into the flesh. Leave to marinate overnight.

2 Rest the joint on a rack in a roasting dish half-filled with apple juice and cover with tinfoil. Place in a low oven (150°c/gas mark 2) for 3 hours - the slower and lower the better.

3 Place the soft, cooked meat on a chopping board and pull the meat apart with two forks so it shreds. Mix in your favourite barbecue sauce for extra flavour and moisture then serve in a bun with coleslaw. ▶

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BELLY

Best for... flavour

There's no getting around it, pork belly is fatty. Nevertheless, it's cheap and yields more flavour than any other cut by a long stretch. So reason it thus: a little goes a long way. Sample lightly, savour deeply.

Cost per kilo **£3.99**
Best cooking methods
Slow roasting, curing
Meat equivalents
Breast of lamb, beef plate (also known as skirt)

NUTRITION DATA (per 100g)

Calories	**256kcal**
Protein	**19.4g**
Total fat	**20g**
Saturated fat	**7.3g**

Crisp Pork Belly

(serves 6)

By Sam and Eddie Hart, owners of Fino, Barrafina and Quo Vadis
finorestaurant.com

Ingredients
2 x ½ belly of pork (about 4kg)
2 tsp cumin seeds and sea salt
Bunch of thyme, leaves stripped
A little good olive oil
2 shallots, sliced
2 tsp sherry vinegar
250ml red wine

1 Massage plenty of sea salt into the skin side of one half belly and set aside for one hour. Wipe with kitchen towel then place skin-side-down in a roasting pan, season and sprinkle with cumin and thyme.
2 Place in a hot oven (220°C/gas mark 7) for 30 minutes, then reduce the setting to 190°C/gas mark 5 and roast for a further 90 minutes. Carefully lift the belly with a metal spatula, turn it skin-side-up and cook for a further 15 minutes while you make the sauce.
3 Fry the sliced shallots in olive oil over a high heat for 5 minutes, stirring constantly so they don't burn. Add the sherry vinegar, red wine and more thyme leaves and reduce by half. Cut the pork belly into thick slices and serve with the onion sauce.

> High concentrations of the vitamins thiamin (B1), riboflavin (B2) and niacin (B3) found in pork allow you to metabolise energy from the food you eat more effectively

SECOND HELPINGS

HOMEMADE PANCETTA

There can be only one thing more gratifying than the smell of sizzling bacon and that's the smell of sizzling bacon you've cured yourself

1 Take your other half of pork belly and rub with this mix: 6 garlic gloves, 2 tsp curing salt, 25g brown sugar, 50g black peppercorns, 25g juniper berries, 25g fennel seeds, 4 bay leaves, 1 tsp nutmeg and 5 thyme sprigs. Refrigerate in a sealable bag for one week. Turn it each day.

2 When the belly is as firm as a lemon, rinse it with cold water and pat dry with kitchen towel. Roll it up tight and tie it up at 1in intervals. Add a loop to the last knot and hang from a hook in a garage, shed or sheltered outdoor space.

3 After three weeks the pancetta should smell sweet, pungent and extremely porky. It's not to be eaten raw, so slice and then grill or fry on a low heat with a little olive oil.

OPENING IMAGE BY NATHANIEL WELCH. ILLUSTRATION DATATICKLER

LOIN
Best for... muscle building

The pig's very own steak department offers all the succulent meatiness of beef, but with added B vitamins in its arsenal, the pork loin enables you to eat yourself bigger *and* more defined.

Average cost per kilo **£6.86**
Best cooking methods
Flash-frying, grilling, pot roasting
Meat equivalents
Sirloin steak, rump of lamb

NUTRITION DATA (per 100g)

Calories	**200kcal**
Protein	**32g**
Total fat	**8g**
Saturated fat	**2.2g**

Pork Chops With Chicory
(serves 2)
By Mark Poynton, head chef at Alimentum in Cambridge
restaurantalimentum.co.uk

Ingredients
2 x 200g pork chops
A little good olive oil
1 tsp of crushed fennel seeds
2 heads of chicory split in half lengthways
200ml white wine
50ml cider vinegar

1 Season the chops with sea salt, pepper and the crushed fennel seeds. Heat the oil in a heavy-based pan, add the chops and allow to colour on a medium to high heat.
2 Turn after 3-4 minutes, add the chicory halves and white wine, cover and leave to simmer on a low heat for about 10-12 minutes. Remove the chops and chicory and serve onto plates.
3 Turn the heat back up under the pan, add the vinegar and bring the liquid to the boil. Finally pour the sauce over the chicory and chops and serve.

Organic pork steak weighs in at half the cost of beef fillet and it is even cheaper than chicken. It's be best-smelling, finest-tasting multivitamin money can buy

SECOND HELPINGS

SPICY PORK COTTAGE PIE

Scraps from chops, trimmings from roasts and any other untouched morsels are great for a cheap and nutritious next-day meal

1 Finely chop your leftover meat into rough cubes and dice an onion, a carrot, a stick of celery, two chillis, a garlic clove and some paprika. Gently sweat the veg in some olive oil and sauté with the meat.

2 After about 15 minutes, stir some chopped parsley into the mixture and allow to cool.

Meanwhile boil some potatoes in salted water until tender. Mash with a little milk and oil.

3 Spread an even layer of your meat mixture in a baking dish, cover with mashed potato and top with grated cheese. Bake in an oven (190°c/gas mark 5) for 30 minutes or until the top of your pie goes golden. MH

101 WAYS TO BURN OFF A BIG MAC

There's no such thing as free lunch, especially if it's the world's most famous fast food item. If you do the crime, there are many ways to do the time and burn off its 495 calories

48 mins sit-ups

65 mins shovelling
155 mins shopping for food
129 mins playing the guitar
86 mins sanding floors with a power sander
32 mins hard rowing
111 mins light rowing
48 mins walking at 5mph
117 mins walking at 3mph
35 mins rock climbing
155 mins Hatha yoga
194 mins shaving

48 mins of pull-ups

129 mins hitting balls at the driving range
194 minsdriving a car
155 mins riding a scooter
48 mins playing beach volleyball
48 mins of Ultimate Frisbee
55 mins sawing wood
129 mins fishing

24 mins cycling at 20mph

111 mins vacuuming
259 mins typing
77 mins playing cricket
128 mins canoeing
155 mins styling your hair
97 mins gardening
70 mins mowing the lawn
39 mins skipping
169 mins ironing
39 mins playing water polo
129 mins plastering
97 mins playing table tennis
86 mins painting
388 mins watching films

129 mins bodysurfing

46 mins mountain biking
388 mins meditating
97 mins giving a massage
39 mins swimming breaststroke
43 mins cross-country skiing
259 mins watching sport
129 mins windsurfing
65 mins lifting weights, hard

129 mins lifting weights, moderate

48 mins walking upstairs
129 mins walking downstairs
32 mins sparring

427 mins sleeping

39 mins running at 6mph
32 mins running at 8mph
24 minsrunning on a treadmill at 8mph on a 5% incline
21 mins running on a treadmill at 8pmh on a 10% incline
18 mins running on a treadmill at 8mph on a 15% incline
48 mins playing singles tennis

194 mins showering

65 mins hiking
86 mins dancing
129 mins playing guitar
39 mins karate
259 mins surfing the net
39 mins playing rugby

WORDS MATTHEW BARBOUR. PHOTOGRAPHY TAL SILVERMAN, DAVID NEWTON. FOOD STYLING STEPHEN PARKINS-KNIGHT. FIGURES ARE FOR AN AVERAGE 12-STONE MAN. DATA COMPILED WITH THE COMPENDIUM OF PHYSICAL ACTIVITIES TRACKING GUIDE, BY NORMAN ARNOLD, PROFESSOR OF EPIDEMIOLOGY AND BIOSTATISTICS AT THE UNIVERSITY OF SOUTH CAROLINA

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148 mins of vigorous sex

206 mins of less-than vigorous sex
55 mins scuba diving
129 mins repairing your car
55 mins high-impact aerobics
155 mins pushing a pram
55 mins playing badminton
155 mins in the bath
65 mins cycling at 10mph
86 mins playing golf
39 mins tae kwon do
155 mins playing pool
259 mins playing board games

259 mins in the bath

65 minspummelling a punch bag
129 mins carpentry
155 mins carrying the shopping
43 mins carrying furniture up stairs
388 mins kissing
155 mins dusting
26 mins running up stairs
32 mins trail running
129 mins cleaning windows
97 mins sweeping

55 minsswimming backstroke
39 mins swimming crawl
129 mins surfing
155 mins stretching
324 mins standing still
43 mins on the step machine
32 mins playing squash
77 mins skateboarding
194 mins standing around talking

259 mins sitting down talking

39 mins playing 11-a-side football
47 mins snowboarding
65 mins skiing

Don't let burger-guilt get on top of you

SIZE & STRENGTH

Maximuscle's Size & Strength products have been formulated to support your rapid muscle growth and strength goals when combined with a sensible nutrition and weight-training plan. If you're a hard-gainer who struggles to build muscle, or you want to see a faster rate of muscle growth, Maximuscle's Size & Strength range offers convenient, great-tasting and research-formulated shakes and bars that guarantee you fast results.

Is the Size & Strength range right for you?

- ✓ You want to see muscle growth in as little as 10-14 days.
- ✓ You want all-in-one, convenient products that maximise the effects of your workouts.
- ✓ You're a hard-gainer who wants to pack on size and strength.
- ✓ You want more explosive power for sports or in the gym.

TRAINING FOR SIZE, STRENGTH AND POWER

WHICH SIZE & STRENGTH PRODUCT SHOULD I USE?

A: All Maximuscle Size & Strength products can safely and effectively be used alone or stacked together. However, we recommend starting with Cyclone for a simple, highly effective all-in-one shake.

HOW QUICKLY CAN I EXPECT MUSCLE GROWTH RESULTS?

A: Our products have been designed to optimise your training results and help you build muscle and size rapidly. Most trainers will see results within 7-10 days when using Cyclone alongside a sensible nutrition and training plan.

ARE MAXIMUSCLE PRODUCTS SAFE?

A: Yes. Maximuscle products are guaranteed to be safe and effective. In fact, with Maximuscle's unique sports nutrition testing programme - designed to ensure our products are suitable for elite tested athletes - you can enjoy them with total confidence.

"**Cyclone** and **Progain** help me get the extra calories and growth nutrition I need day after day to power through training sessions, build muscle size and hit the gym and pitch with maximum power."

Ugo Monye
Harlequins & England rugby player

OFFICIAL SPORTS NUTRITION SUPPLIER TO:

WASPS · WRU · OSPREYS · FULHAM FOOTBALL CLUB

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Cyclone

UK's No.1 all-in-one muscle-growth shake to support rapid gains in lean muscle, strength and power.

Cyclone is a convenient muscle and size shake that is guaranteed to help you optimise the results you get from your weight training and nutrition plan.

BIOMAX WHEY PROTEIN 30g protein per serving to support lean muscle growth.

MAXPURE® CREATINE 5g creatine per serving for increased strength and power.

GLUTAMINE & HMB® 5g glutamine and 3g HMB per serving to aid muscle recovery.

RESEARCH PROVEN After drinking Cyclone daily, 9 out of 10 exercisers saw increased muscle size*.

1.2kg/20 SERVINGS

*Online survey conducted by Zoomerang on 123 men who exercise regularly and use Cyclone daily (2009).

Cyclone bars

A high-performance muscle growth bar to support your strength, size, power and recovery goals.

Cyclone bars are a convenient muscle and size snack.

HIGH-QUALITY PROTEIN 23g protein per bar to aid lean muscle growth.

MAXPURE® CREATINE 5g creatine per bar to support gains in strength and power.

GLUTAMINE & HMB® 2g glutamine and 1.5g HMB for muscle repair and recovery after exercise.

60g/12 PER BOX

Progain

A powerful, high-protein weight-gain shake to support rapid gains in muscle mass and strength. Ideal for hard-gainers.

Progain is the ideal solution for getting the extra calories needed to build muscle and size. Simply add 1-2 shakes to your daily meal and training plan.

BIOMAX WHEY PROTEIN 64g protein per daily serving to support lean muscle growth.

HEALTHY CALORIES 453 muscle-building calories per serving.

EXCLUSIVE NITROGAIN® Glutamine peptides, taurine and chromium picolinate for muscle size and weight gains.

2kg/16 SERVINGS

Creatamax Extreme

A powerful, cutting-edge creatine formula to support rapid gains in muscle size, strength and power.

Creatamax Extreme has been engineered with unique uptake-nutrients to deliver very fast gains in size, strength and power.

MAXPURE® CREATINE 10g creatine per daily serving to support explosive gains in muscle size, strength and power.

GLUTAMINE 10g glutamine per daily serving to support muscle recovery after training.

SUPERIOR CREATINE-UPTAKE GAA, dextrose, fenugreek, L-glycine, D-pinitol and bioperine for quicker and more effective results.

1103g/33 SERVINGS

For more information on the Size and Strength range, visit **maximuscle.com**

For step-by-step training and nutrition plans and to order, visit **maximuscle.com**. Also available at HOLLAND & BARRETT we're good for you.

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30 FOODS THAT BUILD MUSCLE

Ian Marber, founder of The Food Doctor Clinic in London, tells you what should be on your shopping list if you want to grow lean muscle fast

Edited by Wesley Doyle Photography Peter Thiedeke

1. SUNFLOWER SEEDS
Apart from being a great source of protein, these seeds are full of muscle-building nutrients, as well as vitamin E, a potent antioxidant that can prevent free-radical damage after heavy workouts. A handful makes a great snack.

2. MACKEREL
It's the fishy omega-3 fats that reduce protein breakdown after a workout. This is important because to build muscle you need to store new protein faster than your body breaks down the old stuff. Whack it on toast for a breakfast boost.

3. PINEAPPLE
Rich in a protein-digesting enzyme called bromelein, pineapple is also effective in reducing post-training muscle and tissue inflammation, so is the ideal post-workout snack for inside and out.

4. EDAMAME BEANS
Also known as soy beans, they're a great low-fat form of vegetable protein containing all the muscle-building essential amino acids. Throw into salads for a Japan-easy lunch.

5. OLIVE OIL
The favourite of virile, 80-year-old Tuscan chin-up champions, olive oil is like liquid life. The monounsaturated fat in it works to stop the breakdown of muscle tissue and it can also protect your joints, just what you need after a workout.

6. VENISON
The lean meat of our antlered friends is high in protein and vitamin B12, without which your body cannot utilise protein effectively. Buy it minced to make your own burgers, or pull on your DPMs, head to the nearest forest and go wrestle one yourself. Er, actually, best not.

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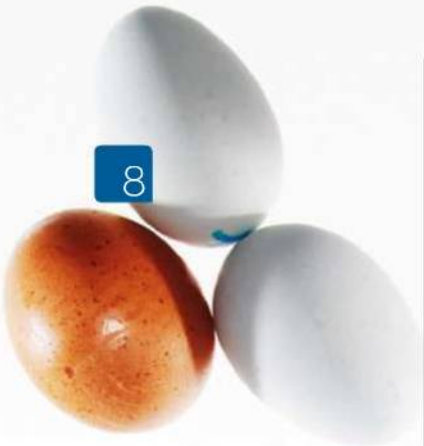

8. EGGS
Apart from containing the essential amino acids to build and repair muscles, egg yolk contains a high level of vitamin D needed to maintain healthy muscle tissue. Breakfast of champions indeed.

11. TURMERIC
Scientists at the University School of Medicine in Atlanta found that curcumin, the active compound in turmeric, triggers cell growth, thus promoting muscle repair and growth after injury. One achari murg coming right up...

9. COFFEE
The quickest route to more muscle (and, incidentally, the loo) is a shot of espresso. A study by the University of Georgia found caffeine improves endurance by easing muscle pain, so you can train for longer. So that's no pain, more gain, and just a few toilet twitches.

12. FULL-FAT ORGANIC MILK
A glass of full-fat is rich in CLA (Conjugated Linoleic Acid), which reduces fat and preserves muscle tissue according to a study in the *Journal of Nutrition*. Leave the "skinny" lattes to girls in Starbucks.

10. ANCHOVIES
Like Marmite and Cristiano Ronaldo, you either love anchovies or you hate them. But there's no denying they're full of healthy omega-3 fats. Taping one to the underside of your boss's desk will also boost *schadenfreude* and temporarily beat depression.

13. GINGER
To prevent stiffness, perk up your meals with inflammation-reducing ginger. A study in the *Journal of Medicinal Food* found that ginger alleviated muscle pain more effectively than taking an aspirin.

7. BROCCOLI
Don't pull a face. These little bonsai trees of goodness are a great source of vitamin C. A study at the University of South Carolina found that high-doses of this before and after exercise reduce muscle soreness. Just steam it lightly.

15. LIVE NATURAL YOGHURT
The probiotics in live yoghurt increase the good bacteria in your gut, which helps protein digestion as well as being vital for the absorption of other important muscle nutrients.

14. GRASS-FED ORGANIC BEEF
Nothing beats pure beef protein for building muscles. It is also a rich source of creatine, which according to a Canadian study increases muscle mass, decreases body fat and also improves endurance. Make sure it's grass-fed as grazing cattle have a higher CLA content in their flesh than hay-munchers.

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17. ALMOND BUTTER
Almond butter adds a muscle-building protein punch to food. It's also rich in magnesium, which aids muscle contraction. It tastes good on salads or spread over taut female bodies.

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23. SPIRULINA
A nutrient-packed green algae, spirulina is 65% protein. It's also a source of beta-carotene, an antioxidant important for your post exercise muscle recovery. Add it to your breakfast smoothie. And no, drinking pond water isn't the same thing.

16. PAPAYA
Not to be confused with the Thai city known for its burgeoning sex industry, this juicy gem contains the compound papain, which breaks proteins down into easily absorbable compounds. Serve sliced with ginger and lime.

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20. WATER
Your muscles are comprised of 80% water, so keeping them hydrated plays a key role in getting ripped. Even a small level of dehydration will significantly hamper exercise performance and recovery.

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18. WHEATGERM
Not an airborne disease, but a great source of chromium, which improves glucose uptake into muscle cells, giving you extra energy to power through your workout. Wheatgerm is also high in arginine, an amino acid needed for the production of nitric oxide, which enhances blood flow to muscles.

21. CHERRY JUICE
A study in the *British Journal of Sport Medicine* found that cherry juice reduces muscle pain and the damage caused by prolonged exercise. The study also found an improvement in muscle strength in those drinking the juice.

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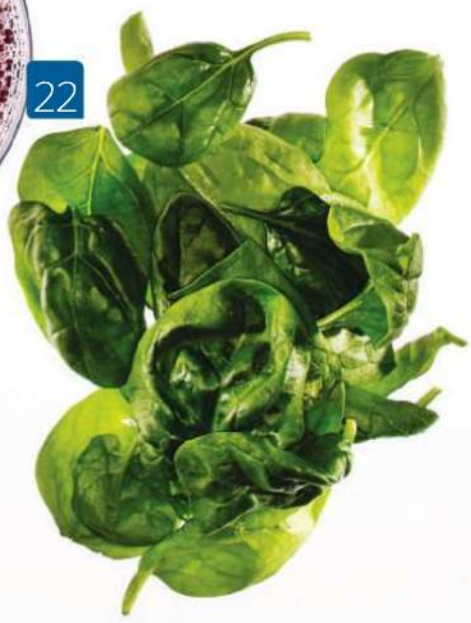

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19. RED PEPPERS
Peppers are rich in vitamin C, which acts as a powerful antioxidant and aids muscle recovery by preventing free-radical damage. The red ones contain 60% more vitamin C than their green equivalent.

22. SPINACH
You should always eat your greens, especially spinach, as it's a source of octacosanol, a substance which has been shown to increase muscular strength and endurance. It's also high in vitamin E, a powerful antioxidant.

WORDS IAN MARBER (THEFOODDOCTOR.COM). FOOD STYLING LORNA BRASH

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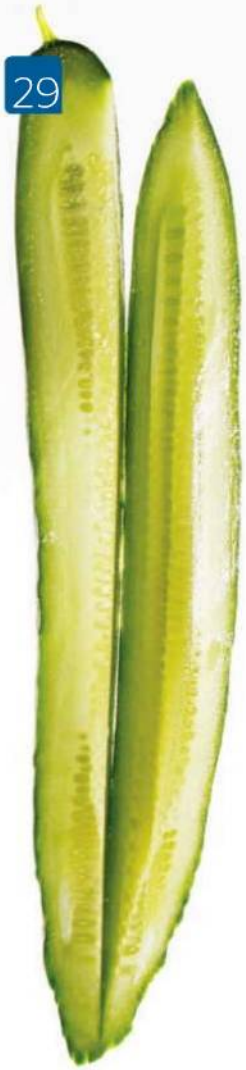
24. WATERCRESS
This superfood is packed full of iron, which according to a Cornell University study, has been shown to reduce muscle fatigue caused by strenuous exercise. It's also rich in vitamin C. Mix it up with other salad leaves to really live dangerously.



25. QUINOA
Forget your usual starchy carbs and go for quinoa (keen-wah) instead. This seed comes from Peru and is one of the few vegetable sources of complete protein, which means it contains all essential amino acids without the fat. As tasty as cardboard, but then Nature's always throwing curve balls...

28. TAHINI
Made from sesame seeds, tahini is loaded with zinc. This mineral plays a role in cell growth, DNA and protein synthesis. Have it on toast instead of butter in the morning and spoon some onto your tie to save it the trouble of making its own way there.

26. RICOTTA CHEESE
The pizza staple is made from whey protein, which is rich in the branch-chain amino acids that help boost muscle growth. Add it to scrambled eggs in the morning, or spread it on toast and jam instead of butter. Alternatively, blend some into your fruit smoothie.

29. CUCUMBER
Despite a regrettable history of innuendo, the cucumber can still afford to be cocksure [they just trip off the tongue]: its skin contains silica, which is an essential component of healthy connective tissue.

27. KIWI FRUIT
Vitamin C is involved in the formation of collagen, which keeps your muscles and joints strong and healthy. An average size kiwi fruit has 74mg of this free-radical busting vitamin, which is your RDA and then some.

30 TURKEY
Everyone's favourite Christmas bird contains glutamine, an amino acid found in muscle tissue. It increases protein synthesis, which leads to greater muscle mass. Don't forget to baste it or you'll still be chewing come Easter. MH

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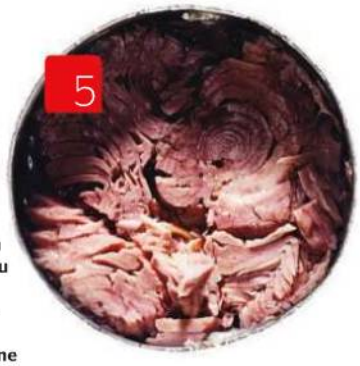
30 FOODS THAT FIGHT FAT

When it comes to burning fat, half the job is done by what you put on your plate. Here Marber recommends the best foods for shifting flab

Photography Peter Thiedeke

1. GARLIC
Burdened by stubborn fat that won't shift? You may you need to detoxify your liver. Go for garlic, high in methionine, glutathione and selenium - all off which help to clear out your booze filter.

2. LIVER
A rich source of vitamin B5, any deficiency of which interferes with your capacity to burn fat. B5 also plays an important role in energy production. So brave those flashbacks to ropey school dinners and dig in like Hannibal Lecter would.



3. CELERY
The "nature's tapeworm" negative calorie thing is a myth, but what is true about celery is that it fills you up without adding calories. The combination of potassium and sodium are essential for regulating fluid balance, while its insoluble fibre helps move food through the body fast.

4. WHEATBRAN
High in vitamin B3, which is an important part of the glucose tolerance factor (GTF) needed to balance blood sugar spikes and minimise fat storage.

5. TINNED TUNA
This low-fat protein source is full of vitamins B6 and B12 which aid digestion as well as reducing stress, another reason for weight gain. Research from the University of Maryland School of Medicine in the US found that the cortisol released when you're under pressure sends messages to your body to refuel itself, even if it doesn't need to. So next time you're under the cosh, hit the gym then refuel with a tuna salad.

6. SARDINES
A great source of co-enzyme Q10, which is needed for energy production. It has also been shown to help with weight loss. A recent study showed diets with high levels of co-enzyme Q10 were twice as effective in causing weight loss than those lacking this nutrient. Small fish, big results.

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7. BEANS

Their high fibre content, which boosts a digestive hormone called cholecystokinin (CCK), is a natural appetite suppressant. A study by the University of California found that men who ate a meal high in beans had twice the amount of CCK as men who ate a bean-free low-fibre meal. It didn't mention how much more wind they had though.

8. POPCORN

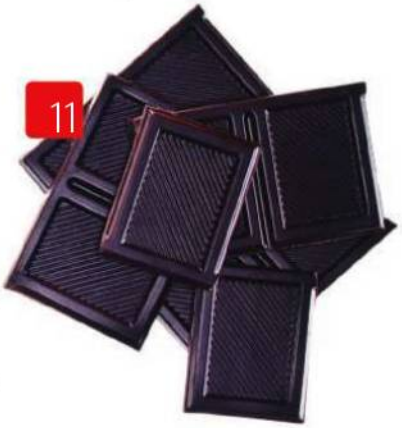
Swap the crisps and other savoury snacks for a bowl of proper homemade popcorn. Without the added sugar or butter from the microwave version, you can get a great savoury snack for a fraction of the calories. A 25g portion contains 100kcal – the same as you'd find in 28 grapes, a medium-sized banana or 20 roasted peanuts.

9. GREEN SALAD

Start your meals with a big green salad (but hold the dressing.) In a study by Penn State University in the US, those who ate a large plate of leaves before their main meal consumed 12% less afterwards – even though they were offered as much as they wanted. So going green is good for you after all.

10. PEANUTS

A study from Purdue University in the US found that when people of normal-weight added about 500 calories worth of peanuts to their diet, they consumed less at subsequent meals. It also revved up their resting metabolism by 11%. It is thought that the fat content in the nuts increases satiety. Just make sure they're plain, as salting or dry roasting negates any benefit.



11. CHOCOLATE

Well, not all chocolate – you need to go to the dark side, preferably one with 70% plus cocoa solids. It contains catechins (like those in green tea) which helps to speed up metabolism. However – unlike green tea – it does contain fat and sugar, so eat in moderation.

12. SALMON

Salmon is high in essential omega-3 fats, which have been found to switch off hunger signals from the brain. A recent study showed that people who ate a dinner rich in omega-3 fats felt less hungry for up to two hours compared with those eating a low omega-3 diet. Marinade a salmon steak in some soy sauce, sesame oil and garlic before grilling and serving on a bed of greens.

13. VINEGAR

A Swedish study found people who ate bread dipped in vinegar felt fuller than those who had plain bread. The acetic acid in the vinegar slows the passage of food from the stomach into the small intestine, so your stomach stays full for longer. Make sure you've got some decent balsamico at home (Fattiria Estense Balsamic Vinegar, £7.50, oilandmore.co.uk).

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14. WATERMELON
This juicy fruit has a high water content relative to its carb content (a cup of watermelon contains only 48 calories), so you are going to feel full quickly. This fruit is also exceptionally high in the amino acid citrulline, which converts to another amino acid arginine, a compound that improves insulin sensitivity resulting in less fat storage.

20. WATER
A turn of the tap could be your quickest way to weight-loss. Some people misinterpret signs of thirst as hunger, so if you feel hungry and are a couple of hours away from a meal, drink water and wait a short time to see if the feeling subsides. You could be dehydrated rather than ravenous.

21. GREEN TEA
Green tea contains catechins, an antioxidant that helps to speed up metabolism and fat burning. A study published in the American Journal of Clinical Nutrition showed that drinking green tea high in catechins enabled study participants to lose weight, increase metabolism, and have a significant drop in their body mass index.

17. EGGS
They're a great source of protein, which as well as building muscle also delays hunger. A study of 30 overweight people found those who ate two scrambled eggs with two slices of wholegrain toast in the morning consumed less for the next 36 hours than those who had a bagel breakfast of equal calories.

18. GRAPEFRUIT
A study by the Nutrition and Metabolic Research Centre at Scripps clinic in the US showed that people who added half a grapefruit to each of their normal meals lost a minimum of 3.6lb (1.6kg) over a 12-week period, though many lost much more. Grapefruit reduces insulin spikes and thus encourages weight loss. Sprinkle with brown sugar, add a dash of angostura bitters and put under a grill for a few minutes.

22. PUMPKIN SEEDS
These super seeds are high in zinc, an important mineral in appetite control. If you are zinc-deficient it can lead to a loss of taste and smell, and leave you craving often sweeter, saltier (and more fattening) foods.

15. PISTACHIO NUTS
Let's face it: we all have a tendency to eat too fast, particularly where salty, savoury snacks are concerned. So if you're going to munch between meals, go for foods packed organically – in their own shells. Pistachios may be fiddly but they'll slow you down, so you'll eat less and appreciate them more. It's good to work for your food.

19 CHILLI
Eating chilli-based dishes can help you lose weight – but not just in the explosive way you're thinking about. In a Japanese study, people who ate breakfast foods with red chilli ate less than they normally did at lunch. The magic ingredient is capsaicin – the hot stuff – which helps suppress appetite. So chuck some in with your scrambled eggs on wholegrain toast in the morning.

16 OATS
Start the day with porridge – the soluble fibre found in oats not only fills you up, it also helps delay stomach emptying, so you feel full longer. It only takes 5mins to make, and if you can't stand over a saucepan for that long in the morning, porridge is one of few things that tastes equally good made in a microwave.

FOOD STYLING LORNA BRASH

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23. MISO SOUP

Ever wondered why those covetable Japanese denims don't come in a 38in waist? Well, according to a Penn State study, eating a light broth-based soup, such as miso (Sanchi Organic Miso Soup, £2 for four sachets available from goodnessdirect.co.uk), before a meal can help cut back on how much food you consume. When participants in the study ate a first course of soup before a main meal, they reduced their total calorie intake by 20% compared to a meal without the soup.

26. GRASS-FED STEAK

As if you needed an excuse... products from grass-fed animals are a great source of conjugated linoleic acid (CLA), an unsaturated omega-6 fatty acid which has been shown to reduce body fat and prevent weight gain. So check the label when picking up your sirloin and enjoy the benefits - and taste - of organic farming.

24. FLAXSEED OIL

Adding flaxseed oil to foods promotes a feeling of fullness. The essential fats in flaxseed oil cause the stomach to retain food for a longer period of time as compared to no-fat or low-fat foods, therefore stopping those midnight snack attacks.

25. BLACKCURRANTS

It's the vitamin C in these berries that helps increase your fat burning potential. It was reported in the *Journal of the American College of Nutrition* that increasing your vitamin C intake led to significantly greater weight loss than unchanged diets. Better still, blackcurrants have a higher concentration of vit C than oranges, plus they grow on bushes - for free!

27. CINNAMON

Not just the icing on our Starbucks: research from the US Department of Agriculture found that a little cinnamon can help control post-meal insulin spikes, which make you feel hungry. Sprinkle some on your muesli or porridge in the morning and get rid of those post-meal energy slumps.

28. COFFEE

With 130mg in an average cup, coffee is the easiest and tastiest way to get a good shot of caffeine. It breaks down fat, freeing fatty acids which are burned off as fuel. When combined with exercise, this conversion is 30% more efficient, but make sure you drink the coffee *before* exercise as it can dehydrate you.

29. ROMAINE LETTUCE

Balancing your blood sugar stops your body storing fat. Romaine lettuce is an excellent source of chromium, which forms part of a compound called Glucose Tolerance Factor, important for blood sugar control. It also contains lactucarium, a substance that can induce sleep, which is essential for weight maintenance.

30. YOGHURT

The probiotics contained in live yoghurt may help people lose weight, according to new research from Stanford University in the US. This is part of a growing body of evidence to suggest the obesity problem might be an imbalance between the good and bad bacteria in the gut. MH

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30 FOODS THAT BOOST SEX DRIVE

Cast aside scepticism about aphrodisiacs and feast on The Food Doctor's sex ashopping list, scientifically-proven to stoke the libido

Photography Peter Thiedeke

1. BRAZIL NUTS

A study at Padua University in Italy linked a diet low in selenium to male infertility. Selenium prevents oxidation (damage) of sperm cells, thus increases your chances of healthy swimmers. Three Brazil nuts will deliver your RDA.

2. HOT CHOCOLATE

The phenylethylamine in chocolate can induce euphoria by releasing dopamine, the brain chemical that surges during orgasms. Calcium in the milk aids nerve transmission, which heightens touch.

3. BROWN RICE

Brown rice is packed full of B vitamins for boosting energy – without this there is no libido worth talking about. It's also a rich source of magnesium, essential for muscle contraction, which is vital for spectacular money shots.

4. OYSTERS

There is a good reason why oysters are known for their aphrodisiac qualities – they are super high in zinc, a vital component of testosterone production. They also contain D-aspartic acid and NMDA (N-methyl-D-aspartate) compounds effective in releasing sex hormones such as testosterone and oestrogen. Plus, there's nothing like a good slurp of the salty stuff to send her imagination into overdrive. Put the champagne on ice and get shucking.

5. CHICKEN

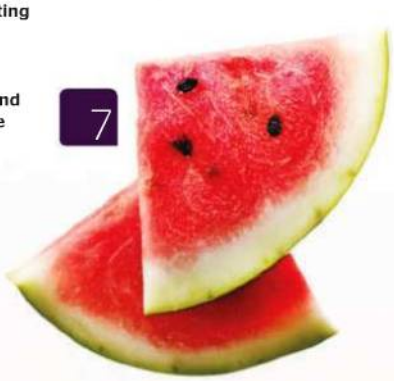
Maintaining high testosterone levels is important for all aspects of sexual health, from the production of sperm and healthy fertility to preventing erectile function and regulating desire and libido. Testosterone production is highly dependent on zinc and B6, both of which are found in abundance in chicken.

6. HONEY

To get them in the mood, couples in ancient Persia drank mead every day for a month after they married (the honey month or, as we know it, honeymoon). Honey is rich in B vitamins, needed to make testosterone and its fructose aids stamina and provides a steady release of energy – rolling over and falling asleep is not an option.

7. WATERMELON

Scientists in Texas have shown that eating watermelon may have similar effects to the little blue wonder-pill. This is down to its citrulline and arginine content. These trigger production of nitric oxide, a compound that relaxes the body's blood vessels. This is how Viagra works, but you don't need a prescription for a watermelon.



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8. VANILLA ICE-CREAM
Vanilla is used in everything from food to air fresheners and for good reason. According to Chicago's Smell and Taste Treatment Research Foundation, vanilla can boost penile blood flow. So a tub of Häagen Dazs won't be just for her benefit.

9. GINGER
Gingernuts are aptly named. In a study published in Phytomedicine, male rats given ginger were found to have increased testicular weight. It's thought that ginger could have a similarly "swelling" effect on human testosterone levels.

10. PUMPKIN SEEDS
These are packed full of zinc, a key nutrient for sexual function and fertility. A Dutch study found that folic acid and zinc supplements increased sperm count by 74% in men with fertility problems.

11. POPCORN
The cinema staple has the highest level of veg-based arginine, which is the main component of sperm. Numerous studies have shown the importance of arginine for sperm count, sperm quality and motility. So get chomping and hit the play button.

12. CHILLI
We all know that spicy foods get the heart pumping. Capsaicin, the compound that gives chillies their heat, is also a trigger for the brain to release endorphins, which make you feel great. Chillies boost the nervous system too, which enhances arousal. Just don't bring a bhuna into the bedroom.

13. BANANAS
Bananas contain an alkaloid called bufotenine, which can improve your mood, confidence and sex drive. The most beneficial part is just below the skin, so try baking the bananas, and scraping the flesh from the skin. Flesh? Skin? Mmm...

14. BLUEBERRIES
According to the University of Texas, insufficient amounts of vitamin C can cause sperm cells to clump together, impeding motility. Blueberries are full of of vitamin C, to get your sperm swimming like Michael Phelps.

15. ALMONDS
These nuts are packed with essential fats that regulate prostaglandins, required for the production of sex hormones. They also contain vitamin E, which helps makes sperm more potent through its high antioxidant activity.

16. DARK CHOCOLATE
Scientists at the University Hospital of Cologne have shown that dark chocolate reduces hypertension, which could help men suffering from impotence. Flavonols in the cocoa help produce nitric oxide, a chemical that helps penile vascular muscles loosen, which improves blood flow and therefore erectile function. The darker the chocolate, the higher the cocoa content.

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17. PEANUTS
These little nuggets of energy can help keep your vascular system healthy, which ensures adequate blood flow to the trophy room. Peanuts are rich in omega-3 fatty acids, which have been shown to lower artery-blocking cholesterol and thus reduce your cardiac risk. They also contain heart-healthy nutrients such as magnesium, folic acid and zinc.

20. TRUFFLES
Truffles' aphrodisiac qualities are due to their musky scent – a substance called alpha-androstetenol, which mimics the smell of pheromones. These are the hormones which trigger physical attraction. Serve grated over poached or scrambled eggs as breakfast in bed, just be ready not to get up until lunchtime.

22. TUNA
Tuna is rich in vitamin B3 and it's the blood-dilating effect of this vitamin that can boost your sex life. You may experience enhanced orgasm, an increased sense of touch, and improved erection. So make sure it's on the menu for that all important third date.

18. SPINACH
Thinking of starting a family? Then get some spinach down you. Eaten raw, this versatile leaf is one of the few vegetables that contains co-enzyme Q10. A study in The Journal of Fertility and Sterility found that co-enzyme Q10 can help improve sperm movement – good news for those whose seed needs a Popeye-style pick-me-up. Spinach is also high in iron, which was found to combat infertility, according to a Harward study.

23. CELERY
The Romans dedicated celery to Pluto, their god of sex, and utilised its aphrodisiac properties in many dishes. It's packed full of the pheromones androstenone and androstenol, which are thought to attract women. Plus, chomping on celery cleans your teeth, a great help once the pheromones start doing their thing.

19. GARLIC
Perhaps known more as a turn-off than a turn-on, garlic is actually a very effective aphrodisiac. The kiss-killer contains a potent ingredient called allicin, which increases blood flow and libido. But don't forget to bring the breath mints or you'll be sent home early.

21. TOMATO
Known as the "Love Apple", the tomato's sexy reputation has long been based on its colouring and feel. But its high betacarotene content – which your body converts to vitamin A – makes it vital for maintaining sexual health. Vitamin A also plays a key role in testosterone production.

WORDS WESLEY DOYLE. FOOD STYLING MABEL FRAUTSCHI

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25. PRAWNS
These fishy fellas contain loads of zinc, which boosts your libido and sperm production; calcium and magnesium needed for muscle contraction and the antioxidant selenium which helps regulate sex drive, sperm count and fertility. They also contain an ocean's worth of phenylalanine, which is an amino acid that helps regulate mood and increase sexual appetite.

24. STEAK
A study published in The Journal of Fertility and Sterility found that steak, which is packed with L-carnitine, significantly improved sperm quality in a group of men with fertility problems. It seems that the higher the level of L-carnitine the better the sperm count and motility. Now go get yourself some rump...

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26. CUCUMBER
Teenage jokes about nuns aside, a study by the Smell and Taste Treament Research Foundation in Chicago, found one of the best scents for increasing arousal in women was, believe it or not, cucumber. Make a tasty dip by combining chopped cucumber, mint leaves and yoghurt.

27. POMEGRANATE
According to The International Journal of Impotence Research, pomegranate juice helps combat erectile dysfunction. Researchers believe this is due to the potent antioxidants in pomegranate juice, which can prevent nasty free radicals from disrupting circulatory function. So down a glass if you want to get it up.

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28. SESAME SEEDS
The size of these tiny seeds belie their Herculean nutritional strength. In ancient times, Grecian brides received sesame cake as a symbol of fruitfulness (which can be loosely interpreted as "good luck in the sack"). They are packed full of selenium and zinc and are rich in calcium, magnesium, vitamin E and essential fats, all great libido-boosting nutrients.

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29. CREAM
No, it's not a misprint. Eaten in moderation, cream is a top source of calcium, needed to support the muscle contraction associated with the male erection; it's also a good source of arginine, found in high levels in sperm. Plus, it's a supreme guilty pleasure, which will add to the enjoyment. Prince on the stereo is not required.

30. ASPARAGUS
Aside from asparagus being a long, phallic-looking food, it's rich in potassium and calcium which can aid hormone production and raise energy levels. It's also high in vitamin E, which boosts blood flow to the genitals. MH

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30 FOODS THAT IMPROVE YOUR I.Q.

To raise your mind game you need to be clever about what you eat. Ian Marber chooses the foods that feed the mind as well as the stomach

1. RED CABBAGE
Red cabbage is rich in polyphenols, antioxidants shown to reduce the build-up of plaques in the brain, which cause Alzheimer's. Make a slaw with grated apple, carrot, spring onion and a white wine vinegar, olive oil and light mayonnaise dressing.

5. MACKEREL
Omega-3 fats provide fluidity to cell membranes, which improves the communication between cells. Mackerel is full of omega-3s so by eating it a couple of times a week you'll boost your learning power, mood and memory. Unless you forget to stick it in your shopping basket.

6. BERRIES
People with diets rich in all kinds of berries showed improved motor skills and learning capacity. Blueberries can protect the brain from age-related conditions. Add a cup to your cereal for a berry good breakfast.

2. KALE
Mental performance declines with age, but a study in Neurology found three servings of green vegetables a day can slow this by 40%. Superfood kale is best, as the darker the green the better it is for you. Remove the stalks and sauté in olive oil and fresh garlic.

3. TOMATOES
A recent French study found a positive correlation between the high levels of lycopene in tomatoes and cognitive ability. Lycopene is absorbed more easily if heated first, which makes tomato juice, pasta sauce and ketchup better for sudoku than fresh tomatoes.

4. AVOCADO
Avocados can help lower high blood pressure, which according to the University of Maine, is associated with a decline in cognitive function. Make your own guacamole and eat with oatcakes for a healthy snack. Try it before a pub quiz for a distinct advantage over your rivals.

7. KIDNEY BEANS
Kidney beans are a great source of fibre and protein and so are great for balancing blood-sugar levels, which are vital for optimal brain function. So, beat post-lunch energy slumps with bean salad (if a kip under your desk isn't an option).

PHOTOGRAPHY PETER THIEDEKE

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8. DRIED APRICOTS
The USDA Human Nutrition Centre showed high levels of iron improved nerve activity in the brain's left hemisphere (responsible for analytical thought). Snack on four or so: their vitamin C enhances iron uptake. No more, as their effect on your digestion can be, um, profound.

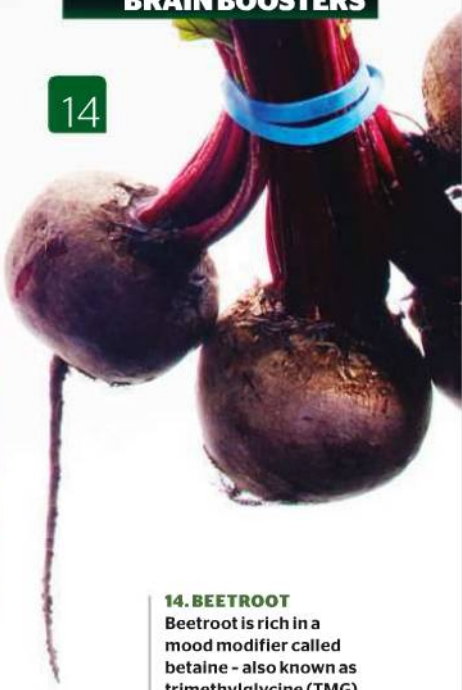
9. AUBERGINE
Aubergine skin contains nasunin: a potent antioxidant and free-radical scavenger which protects cell membranes from damage. In animal studies nasunin was found to protect the lipids (fats) in brain cell membranes and therefore helps to protect them from damage.

10. ANCHOVIES
Anchovies are rich in DMAE, an organic compound which accelerates the production of acetylcholine to reduce anxiety, and improve learning and concentration. A German study showed DMAE turbo charged brain power. Eat them while watching Countdown for extra effectiveness.

11. ALMONDS
Phenylalanine in almonds has the ability to cross the blood-brain barrier where it stimulates the brain to generate the mood-boosting neurotransmitters dopamine, adrenaline and noradrenaline. Almonds are high in riboflavin (B2) which is believed to boost memory.

12. QUINOA
This Peruvian grain contains all eight essential amino acids, which are building blocks for everything in our bodies including neurotransmitters and neurons. It makes a great change to rice and pasta and can be eaten hot or cold. Try Easy Grains Organic Quinoa £2.49 from thefooddoctor.com.

13. CHICKEN
We all know what it does for your brawn, but it's good for your brain, too. Chicken contains high levels of vitamin B6 and is also a key co-factor in the conversion of the amino acid tryptophan to serotonin, a deficiency of which causes depression.



14. BEETROOT
Beetroot is rich in a mood modifier called betaine - also known as trimethylglycine (TMG). This substance improves mood, energy, wellbeing, alertness, concentration, and visual clarity. Cheer yourself up by grating raw beets into a salad.

15. CLAMS
The B12 in these molluscs is good for the brain. A study in Neurology found older individuals with low levels of B12 were at more risk of brain atrophy. Both are associated with Alzheimer's and impaired cognitive function. Not so stuck for a present for Gran now, are we?

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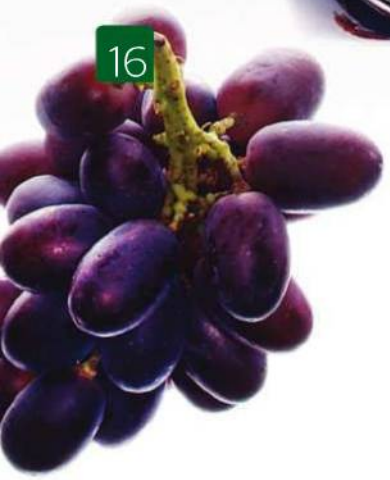
16. GRAPES
A Salk Institute study showed that epicatechin in grapes increases blood flow in the brain and enhances memory. Hopefully more research is checking if this is the case with other produce of the vine.



17. MARMITE
Love it or hate it Marmite is packed with the brain boosting B vitamins (B1, B2, B3, B12 and folic acid) all vital for brain function in different ways. So if you're a Marmite lover spread it on your toast in the morning and if you're not add it to soups and stews to mask the flavour.

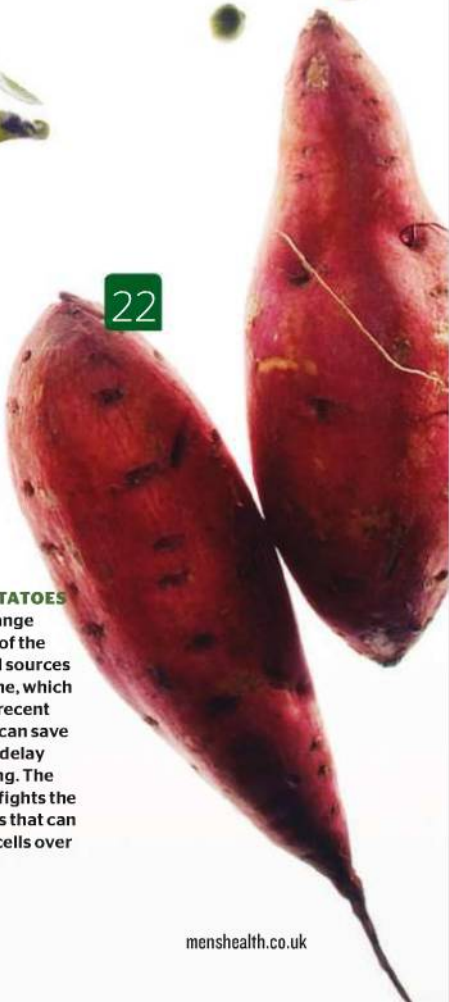
18. ASPARAGUS
One cup (128g) of asparagus has 70% of your RDA of folic acid which Dutch scientists found to improve memory in adults to perform as well as people 1.9 years younger. That doesn't mean you'll get away with the drainpipe jeans past the **age of 30, though.**

19. PRAWNS
Prawns are a source of vitamin D, a deficiency of which is associated with low mood, impaired mental function, schizophrenia and Alzheimer's. It influences cognitive function in a positive way and stimulates the synthesis of nerve growth factor. Sometime it pays to have shellfish friends.

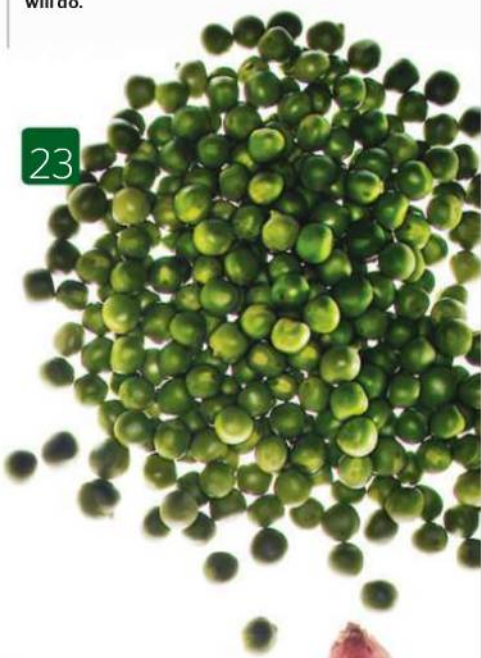
20. NATURAL YOGHURT
Yoghurt contains the amino acid tyrosine, needed for the production of dopamine and noradrenaline. Studies by the US military show that tyrosine is depleted when we're stressed. So eat a natural yoghurt every day to improve alertness and memory.

21. SAGE
In 1597 the herbalist John Gerard wrote that sage was "singularly good for the head and quickeneth the nerves and memory". And he wasn't wrong. Research by Newcastle University proved that it can indeed improve memory. Great in risottos or pasta dishes.

22. SWEET POTATOES
These tasty orange tubers are one of the highest natural sources of beta-carotene, which according to a recent Harvard study can save your brain and delay cognitive ageing. The beta-carotene fights the oxidative stress that can damage brain cells over time.



23. PEAS
High in vitamin B1 (thiamin) these little green bullets go some way to ensure you have a healthy nervous system. A deficiency of B1 can result in mental confusion, memory loss and poor attention span so boost your levels by adding peas to your five-a-day. And, yes, even the mushy ones will do.



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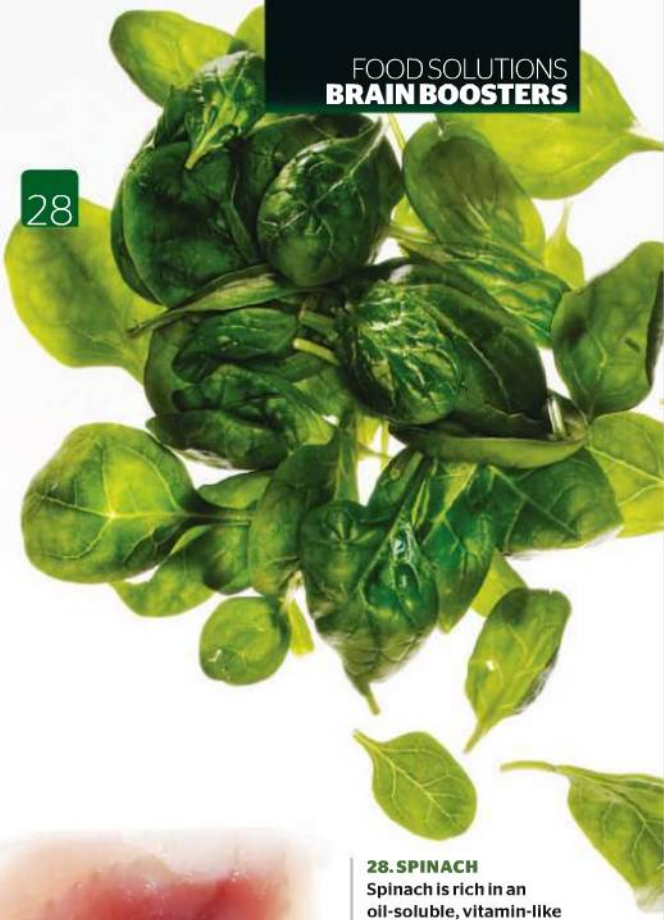
25. EGGS
It's no yolk: choline found in eggs maintains the flexibility and integrity of brain cell membranes, without which fat-based nutrients and waste products can't pass in and out of the cells. It's is also a key component of acetylcholine, which carries messages between nerves and muscles. It's one shell of a brain booster.



26. CHARD
Recent research suggests an increased intake of vitamin E helps preserve brain function and protect against neuronal (nerve-cell) degeneration. A healthy intake can slow the rate of cognitive decline as the brain ages. Chard is an excellent source of vitamin E.

27. CALVES' LIVER
According to the Baltimore Longitudinal Study of Ageing, folate-rich foods are good for the brain and reduce the risk of Alzheimer's. Calf liver contains particularly high amounts. Great braised with fava beans. Nice Chianti optional.

28. SPINACH
Spinach is rich in an oil-soluble, vitamin-like substance called CoQ10, a coenzyme without which your brain will degenerate faster and you'll find it difficult to perform at optimum level. Like Friday night after one too many beers, only less fun.

29. COD
A US Department of Agriculture study showed that a selenium-rich diet had profound mood-boosting effects. Extra selenium can lift the mood even if you have no deficiency. So boost your selenium intake by regularly eating cod... just try to avoid getting battered too often.

30. TAMARI
Tamari is a Japanese soy sauce packed with vitamin B3. A study in Psychopharmacology found it plays a key role in neutralising brain toxins. A daily dose of B3 improved short-term memory by up to 40%. Unfortunately your drug-casualty Uni friend may be a bit beyond its help.

MH

24 KIWI FRUIT
One of these contains more than your RDA of vitamin C, which protects the brain against free-radical damage. Such damage can cause diminished brain function, reduced problem solving and poor memory. Lop off the top and eat them like a boiled egg.

WORDS IAN MARBER, THE FOODDOCTOR.COM FOOD STYLING LORNA BRASH

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Spain. As many wineries as landscapes.

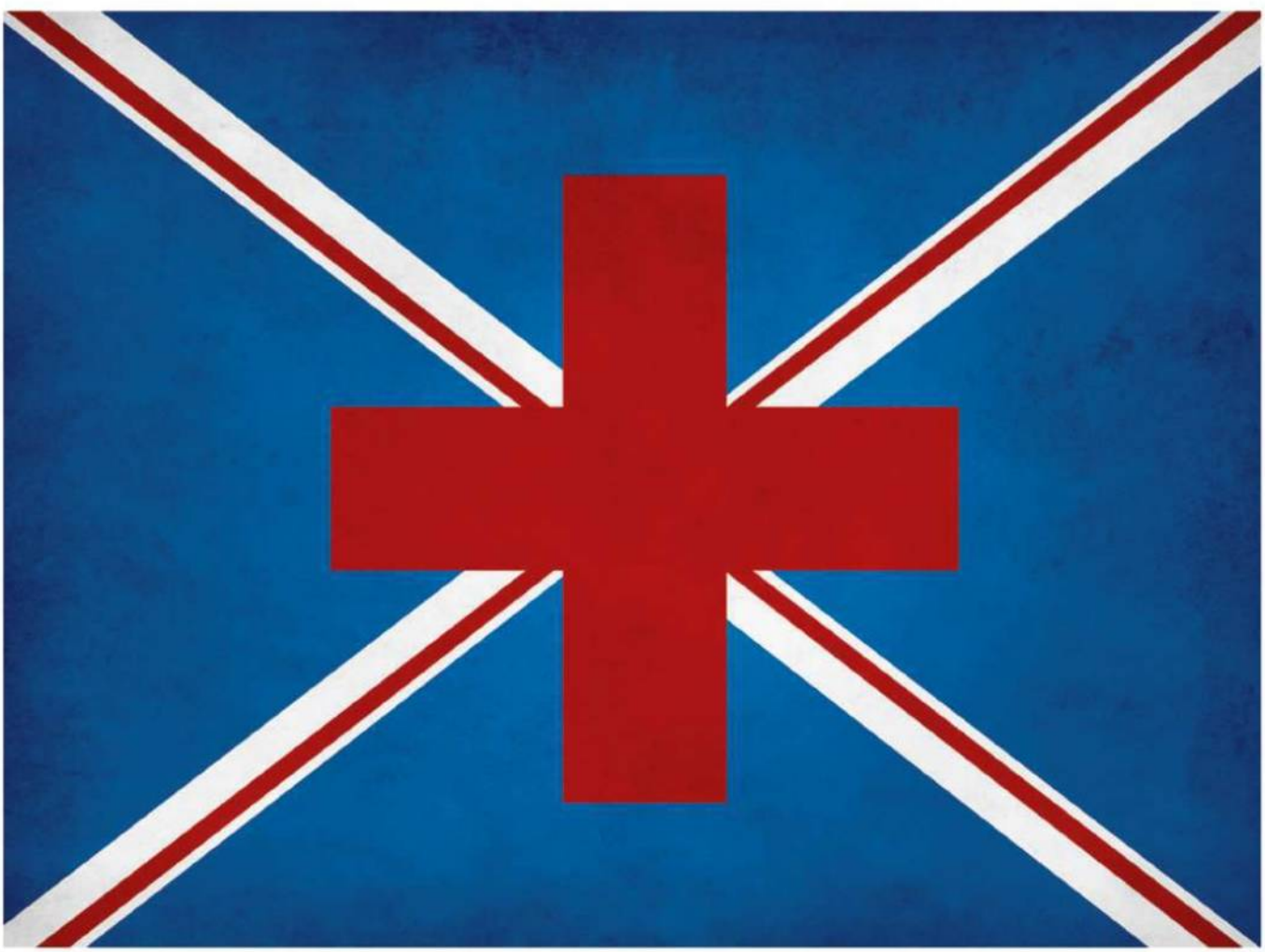
In Spain there are almost as many wineries as there are landscapes. The diversity of viticulture in the country is reflected in more than 90 grape varieties from 70 denominations of origin. Our wines mirror our country's infinite beauty. Soil and climatic conditions ensure variety, personality and richness of style to please all discerning palates.

WINES from SPAIN

www.winesfromspainuk.com

BEST OF BRITISH

How would you define British food? The twin effects of globalisation and a multicultural society have meant that the old yardsticks no longer apply. If you like Italian on a Thursday and Chinese on a Friday, this is a good thing. But such an eclectic approach to dining means that balancing your diet becomes strewn with pitfalls. So we polled MH readers for their top five dishes, then set about making them better. The next 10 pages showcase the results: five simple, healthy recipes that can lay claim to being new British classics.



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THE ITALIAN JOB

The *MH* fat and calorie heist makes for a guilt-free, gut-shedding asparagus risotto

#5 RISOTTO

Per portion	Before	After
Calories	730	460
Fat	38g	11g
Saturated fat	24g	2g

To burn the same calories through exercise?
20 minutes circuit training

BEST OF BRITISH

We polled 1,000 *MH* readers for their favourite dishes. Then made them better. All kitchen classics are archived at menshealth.co.uk

A Using vegetable stock instead of chicken stock cuts 3g of fat and 27 calories. Down at your local Italian eatery, Salvatore orders his butter wholesale. And his risotto recipe means you're "bulk buying". Switching to olive oil ditches 14g of heart-breaking saturated fat.

B "Lemons are a great superfood," says Dr Timothy Brantley, author of *The Cure: Heal Your Body, Save Your Life* (John Wiley & Sons). By keeping your liver ticking over it expels boozy poisons. A healthy liver is crucial to regulate blood sugar and fat storage.

C Replacing the bacon with asparagus slashes 101 calories and 10g of fat. Plus, a serving provides 25% of your RDA of folic acid, delivers 80% of your daily vitamin C and supports liver function, according to Dr Timothy Harlan, author of *Hand On Heart* (ENDpapers).

D Stick with either Arborio or Carnaroli rice. Both of them contain 43% of your RDA of iron. The choice grains also pack high levels of amylopectin starch, which has the benefit of creating a creamy dish without the addition of trouser-popping cream.

E Adding Binyamina 2000 Chardonnay (binyamina wines.co.il) boosts flavour, and it's a tonic for your ticker. The Technion-Israel Institute in Haifa have also developed a method to boost its antioxidant content so it has the same health benefits as red wine.

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Ingredients (Serves 4)

- A pot, sieve, medium-sized heavy-bottomed sauce pan and a ladle
- 850 ml vegetable stock
- 200g asparagus
- 1 medium red onion
- 1 stalk celery
- 2 tbsp olive oil
- ½ tsp salt
- 200g Arborio or Carnaroli risotto rice
- 250ml dry white wine, ideally Binyamina 2000 Chardonnay
- 50g Parmesan cheese
- ½ tbsp lemon zest, finely grated
- 2 tbsp mint leaves, finely chopped

And to Drink... crisp whites to open your palette

2008 Verdicchio 'Le Vele', Moncaro, Marche £7.55

This 100% Verdicchio is full of citrus fruits and minerals on the nose, while the palate has just the right level of acidity. The lasting grapefruit and lime finish make for a perfect outdoor quaff.

2008 Gavi, La Zerba, Gavi di Tassarolo £9.95

Crafted purely from Cortese grapes, this peach-scented wine has a glorious texture and dry mineral finish. It works very well with appetizers so is the perfect bottle for a summer party.

Were Dreams Chardonnay, Jermann, Friuli £45.00

The bouquet is intense, with a hint of honey and exotic fruit. The palate is smooth and fresh with a long finish. This beauty ages better than Salma Hayek and will cellar for up to 10 years.

WORDS ELAIN EVANS. PHOTOGRAPHY GARETH SAMBIDGE. STYLING LIBBY REA BROWNLEE

Preparation

35 minutes

Heat the stock in a large pan over a high heat. Snap the bottom ends off the asparagus, then chop the tops and soft stalks into 2.5cm pieces. If your asparagus is thick, use a peeler to trim it to pencil-width. Place the chopped asparagus in a metal sieve above the boiling stock, cover with a lid and steam for five minutes. While you're waiting, peel the red onion, trim the ends off the celery, then finely chop them both.

30 minutes

Place a medium-sized heavy-bottomed saucepan over a medium heat and add the olive oil. Stir in the onion and celery and sprinkle with salt. Fry the veg until very soft. Don't be tempted to rush the process by turning up the heat – patience will be rewarded with sweet, soft onions. While the veggies are cooking, grate the zest from the lemon, finely chop the mint leaves and grate the Parmesan.

Make it...pack a protein punch

Sweet baby prawns are a perfect match with the lemon and asparagus in this dish. Substitute a handful of cooked prawns for the Parmesan cheese and you'll get a 25g protein boost per portion, nearly half your recommended daily intake of the lean muscle-builder. And by ditching the Parmesan you cut a further 40 calories and 4g per serving, making sure you stay more Totti than Pavarotti.

20 minutes

Add the rice and fry it with the veg until it turns translucent. Stir in the white wine until it's all absorbed. Then add three full ladles of hot stock to the rice. Stir until the stock is absorbed, add another ladleful, and now stir again to release the starch and turn things creamy. Continue the cycle of adding stock until it's absorbed, ensuring the rice doesn't get too dry. After about 12 minutes, test the rice to see that it's cooked through but still retains some firmness.

2 minutes

Gently fold in the asparagus. Add the Parmesan lemon and mint, then stir over the heat until they've warmed. Garnish with an extra sprinkle of Parmesan and a drizzle of olive oil, then serve with all the Euro suaveness you can muster on a rainy Rochdale evening.

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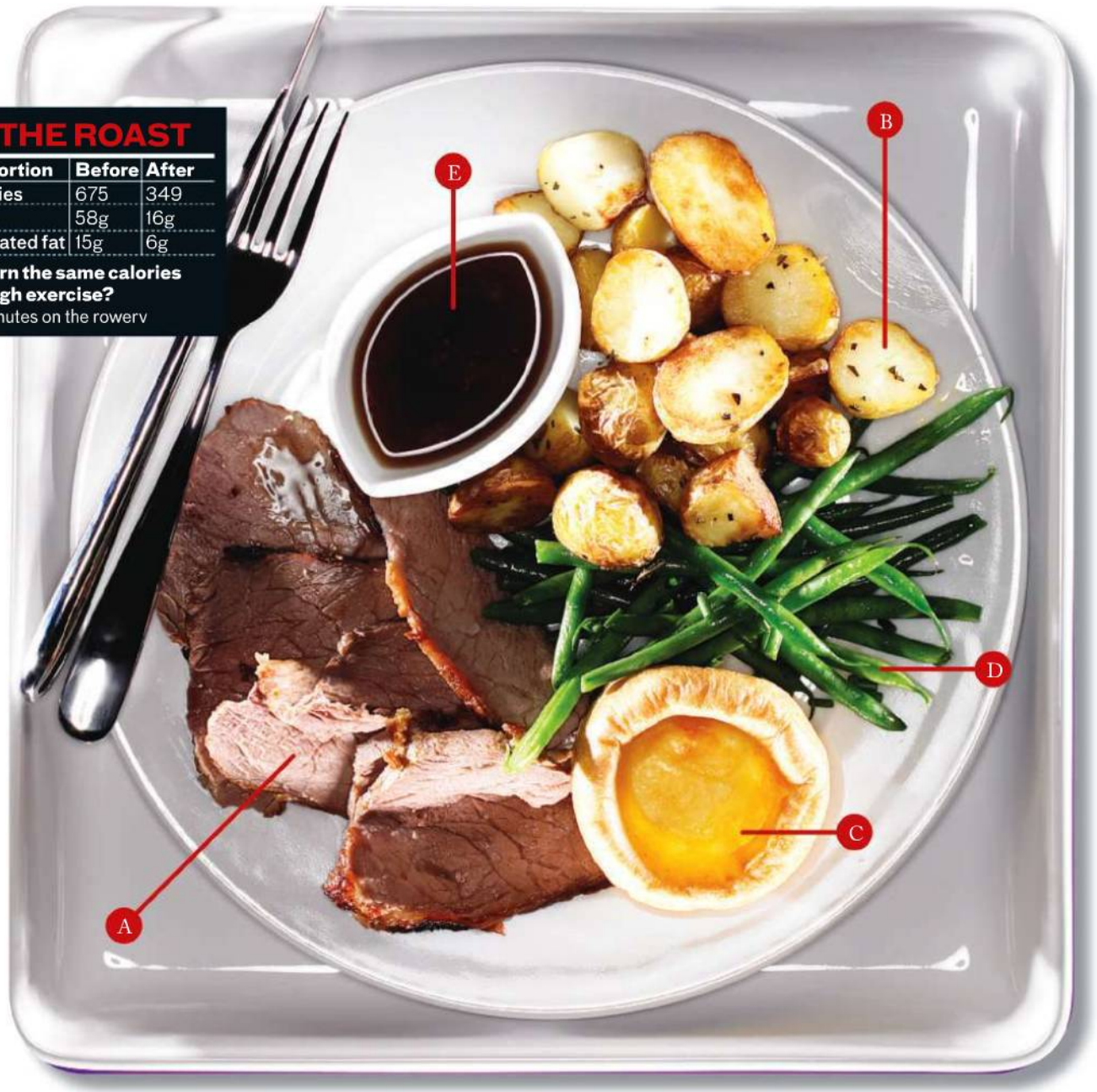
SUPER SUNDAY

MH takes the sin out of the classic roast dinner with a positively angelic roast beef and Yorkshire pudding



#4 THE ROAST

Per portion	Before	After
Calories	675	349
Fat	58g	16g
Saturated fat	15g	6g

To burn the same calories through exercise?
24 minutes on the rowerv

BEST OF BRITISH

We polled 1,000 *MH* readers for their favourite dishes. Then made them better. All kitchen classics are archived at menshealth.co.uk

A Ask the man in the bloody apron for silverside beef. With only 4.2g of fat per portion, the cut halves the lard count found in a standard rib roast.

B Keeping the skin on your new potatoes makes them a great source of fibre. "A high-fibre diet will also protect you against a variety of ailments, from heart disease to haemorrhoids," says Dr Dennis Burkett, cardiologist at the University of Pennsylvania.

C Dripping-free Yorkshire puddings are up there with stomach-stapling in the weight-loss stakes. Not cooking your puds the traditional way will spare you 10g of saturated fat per pudding, and bring the calorie count down from 242 to a mere 26.

D "Green beans are in season so you can get them fresh, which means higher vitamin C content," says the British Nutrition Foundation's Sarah Stanner. One serving delivers 20% of your RDA of the vitamin which nukes free radicals to reduce your risk of clogged arteries and cancer.

E The onions in your dripping-free MH gravy boast a life-saving CV. They lower cholesterol and cut your risk of heart attacks. "Phytochemicals in onions are some of the strongest in any food," says Dr Lorelei DiSogra of the American National Cancer Institute.

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Ingredients (Serves 4)

- Roasting tin
- Yorkshire pudding/muffin tin
- Hand blender or whisk
- 1kg silverside beef
- 500g new potatoes
- 1tbsp olive oil
- 1tbsp chopped chives
- 2 eggs
- 1½ tsp rosemary (fresh or dried)
- 250ml skimmed milk
- 1tbsp vegetable oil
- 175g plain flour
- Vegetable oil
- 400g green beans
- Salt and pepper

And to Drink... the best toast for your roast

La Petit Caboche 2007, Vin de Pays de Vaucluse £7.75

This is highly quaffable, fruit-packed Grenache is made by the mayor of Chateauneuf-du-Pape himself. A soft, lush, clean bargain in a bottle.

Domaine Saint Gayan 2005, Gigondas £14.50

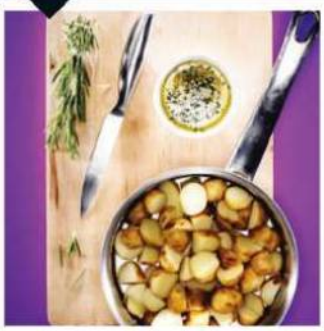
Another superb vintage from a great estate, this Grenache-based blend is spicy, intense and packs a punch of ripe, jammy fruits. Ideal with lamb.

Le Vieux Donjon 2006, Châteauneuf du Pape, £26

A classic, sophisticated example from one of the region's most celebrated domaines. Sensual and warming with robust cherry and olive flavours.

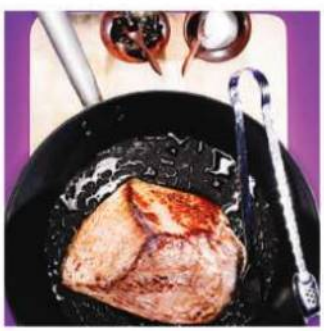
WORDS ELAIN EVANS. PHOTOGRAPHY PETER THIEDEKE. STYLING LORNA BRASH. FOOD BY SAINSBURYS.CO.UK. PLATES AND CUTLERY ALESSI.COM

Preparation



1 Hour 30 mins

Mix the eggs, milk, salt and oil with a hand mixer for three minutes. Put the mixture to one side, then liberally grease the sides and bottom of a Yorkshire pud/muffin tin with vegetable oil. Cut the spuds into bite-sized pieces. Place in a covered pot full of salted water. Gently boil the potatoes over a medium heat for seven minutes until they're just softening up, but not so mushy that they'll lose their shape during roasting. Drain the potatoes then coat with olive oil and rosemary.



1 hour 15 mins

Preheat the oven to 290°C. Heat a frying pan on the hob's highest heat, then sear the beef in it. This should take about three minutes: it seals in the juices and speeds up the cooking process. Season the beef with salt and cracked pepper, place in a heavy roasting tray, then bung it in the oven. Set the timer for 15 minutes, then get back to that glass of red.

1 hour

When the timer sounds, first take a long swig of your vino, then turn the oven down to 210°C and add the spuds to the tray. If you like your beef so rare that a good vet could resuscitate it, cook it for 30 minutes more (45 minutes total). If the sight of bovine blood offends your inner veggie, make it a further 40 minutes.

20 mins

Remove the roast, cover in tin foil and leave for 20 minutes. The meat will keep cooking during this time, with heat from the outer portions working towards the cooler centre. When you take the meat out, stir the spuds and move them to the oven's bottom rack. Place the oiled Yorkshire pud/muffin tin on the top rack and preheat for seven minutes.

13 minutes

Finish off your Yorkshire pudding batter by whisking the flour into the egg and milk mixture, then pour it into the preheated tin and bake for 13 minutes. While they're baking, cut the tough ends from the beans and steam in salted water over medium heat. Reduce the oven to low, toss in the chopped fresh chives and season. Slice the beef, grab the puds and serve the lot, wondering why you ever wasted your Sundays at The King's Head carvery.

Onion Gravy

1 large onion, 1 tsp salt, 1 tbsp olive oil, 2 tsp balsamic vinegar, 1 tbsp flour, 250ml chicken stock

Slice the onions and fry. Sprinkle with salt and stir until brown. Add the balsamic and stir for two minutes. Stir in the flour, then whisk in the chicken stock. Use a hand mixer to blitz the mixture until your gravy's lump-free.

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CURRY FLAVOUR

The latest *MH* gastro-masterclass rips the guts and the guilt from the classic Ruby Murray

#3 CURRY

Per portion	Before	After
Calories	1138	454
Fat	86g	16g
Saturated fat	42g	2g

To burn the same calories through exercise?
40min run at 9min/mile pace

BEST OF BRITISH

We polled 1,000 *MH* readers for their favourite dishes. Then made them better. All kitchen classics are archived at menshealth.co.uk

A Choosing brown rice over white stabilizes your blood-sugar levels, says the British Nutrition Foundation's Dr Sarah Schenker. This switch saves you a sugar crash, which rather handily eases your hangover.

B By using low-fat yoghurt instead of coconut milk, the MH curry saves 379 calories and 22g of fat per portion.

C Using vegetable oil instead of the curry staple ghee cuts a whopping 10g of saturated fat and 70 calories from your spicy dinner.

D Adding cumin does more than complement your Cobra. Investigating low rates of cancer in India, researchers at the US National Cancer Institute found a diet rich in the spice protects against prostate cancer.

E Cayenne pepper is your secret weapon against global warming. "Eating spicy foods in hot weather raises body temperatures quickly to kick-start perspiration, which is your body's cooling system," says Dr Diane Radler. So eating hot keeps you cool.

F You already know that turmeric's yellow colour can give you an on-shirt reminder of your banquet, but University of California studies show it also slows memory loss associated with Alzheimer's disease, as well as protecting against heart attacks.

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Ingredients (Serves 4)

- 1 tbsp low-fat spread
- 200g brown long-grain rice
- 2 tbsp ginger root slices
- 1 large onion
- 3 cloves garlic
- 1 stick cinnamon
- 2 tsp salt
- 3 tbsp vegetable oil
- 2 tomatoes
- 1 tsp turmeric
- 2 tsp coriander seed
- 2 tsp cumin powder
- 1 tbsp garam masala
- A pinch of cayenne pepper
- 225g skinless chicken breast
- 375ml chicken stock
- 250ml plain yoghurt
- 100g fresh green peas

And to Drink... Three complementary tipples

Gobelsburg Riesling 2007, Austria, £9

Riesling has suffered with a reputation for sweetness, but no longer. This entry-level quaff is from one of Austria's most historic estates and boasts ripe appley fruit, fresh lime acidity and a mineral finish.

Künstler 2008 Holle Riesling, Germany, £13.49

What the Germans lack in dry wit, they make up for in dry white. This superb value Riesling is bone dry (trocken), with lovely, almost exotic, peachy fruit and racy grapefruit acidity. A big hit by the glass in our wine bar.

Trimbach Cuvée Frérdéric Emile Riesling 2004, France, £27

Grown in the Grand Cru vineyards of Alsace this is one of the finest wines in the world. Concentrated with tropical and citrus fruit but also almost austere with great acidity and a steely minerality.

WORDS ELAIN EVANS. PHOTOGRAPHY PATRICE DE VILLIERS. STYLING SEIKO HATFIELD

Preparation

1 hour 10 mins

Wash the rice and strain it in a colander. Start frying the low-fat spread in a large pot with a lid over a high heat. Add the rice and stir until it's turning translucent. Add a litre of water, bring to the boil, then stick the lid on the pot and turn the heat down to its lowest setting. Leave the rice cooking on low for 45 minutes with the lid on, then turn the heat off and keep the lid on until you're ready to serve it.

55 mins

Chop the chicken into bite-sized pieces. Then finely chop the onion, garlic and ginger. It's an old chef's trick to use the side of a spoon to peel the skin off ginger, and a cheat's trick to whiz the veggies in a food processor. Fry the onion, garlic and ginger in the oil with a pinch of salt and the cinnamon stick in your deep pot, over a medium heat. Stir for 5 minutes until they soften, then blitz the tomatoes in a mixer.

Make it...Veggie

Paneer is an Indian cheese made from whole milk which pairs perfectly with peas in a curry. Replace the chicken with 200g of paneer to up your calcium count by 60mg per portion and keep any animal-loving guests happy.

45 minutes

Add the spices and the liquidised tomatoes to the mixture of onion, garlic and ginger, and then fry gently for another 5 minutes. Now it's time to add the chicken pieces and chicken stock. Stir well and cook over a medium heat for 10 minutes. Reduce the heat to medium-low and simmer the curry for a further 15–20 minutes. Now, a quick note about spice bravado. We know you can take it, vindaloos are no problem and so on – but please resist the temptation to keep adding cayenne pepper.

5 minutes

Add the peas and cook for 5 minutes until just tender. Stir in the yoghurt and take the curry off the heat. Remove the cinnamon stick. Fluff the rice with a fork, pour the drinks, stick Sitar Classics on the stereo, and serve with your choice of tipple.

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BULL'S EYE

Downsize the lard without losing those layers of taste with the *MH* classic lasagne

#2 LASAGNE

Per portion	Before	After
Calories	656	299
Fat	27g	10g
Saturated fat	12g	3g

To burn the same calories through exercise?
32 minutes on the stationary bike

BEST OF BRITISH

We polled 1,000 *MH* readers for their favourite dishes. Then made them better. All kitchen classics are archived at menshealth.co.uk

A Ideal for reluctant veg-eaters, the stealthy addition of grated courgette provides over a quarter of your daily vitamin C requirement. A recent study by Harvard School of Public Health showed that upping your vitamin C intake from food rather than supplements can cut oral cancer risk.

B Extra lean beef goes with lasagne like tomatoes go with mozzarella. The tomato sauce keeps the meat moist while going lean instead of standard ground beef saves 25 calories and 3g of fat per serving.

C The spinach provides iron which, according to the British Nutrition Foundation, keeps your immune system firing. To boost this effect, drink orange juice. "The vit C makes the iron more readily absorbed," says Richard Faulks, of the Institute of Food Research in Norwich.

D Using cottage cheese instead of ricotta may have traditionalists choking on their Barolo, but it saves you 57 calories and 7g of fat per serving.

E Bringing on the mozzarella instead of traditional Béchamel sauce is a tactical substitution worthy of Ancelotti as it halves the calories and fat in your topping. Grate the cheese yourself as pre-grated bags contain anti-clumping additives which spoil the flavour.

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Ingredients (Serves 6)

- 250g lean ground beef
- 1 medium onion
- 2 cloves garlic
- 1 stalk celery
- 1 medium carrot
- 150g mushrooms
- Olive oil
- Dried oregano, dried basil, sugar and salt
- Salt and black pepper
- 800ml crushed tomatoes
- 50ml tomato paste
- 285g spinach leaves
- 1 medium-sized courgette
- 450g low-fat cottage cheese
- 2 egg whites
- 6 oven-ready lasagne sheets
- 50g low-fat mozzarella cheese

And to Drink... Three full-bodied Aussie reds

Koonunga Hill Seventy Six
2008, £8.99

This retro-styled blend is great for lazy winter dinners or kicking back in an evening. Smelling of mulberry, malt, dried herbs and a balanced smack of oak, it's rich and amazing value.

St Henri
2005, £30

Developed alongside the more exuberant Grange, St. Henri plays the bridesmaid in Aussie wine history – yet for many it's the better half. Rich and plush when young, soft and earthy as it ages.

Grange
2004, £170

This is a wine of extraordinary dimension and power. The palate is rich and packed with fruit sweetness. With patience, it'll develop into a complex wine that seduces the senses.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLIST CARA HOBDAY

Preparation

1 hour 20 mins

Preheat your oven to 190°C/gas mark 5. Crumble the mince into a frying pan, add ½tsp of salt and fry over a medium heat until brown (about seven minutes). Drain any excess fat by placing the meat in a sieve, stick it well out of reach of your (presumably Pavlovian) dog and start preparing the vegetables for the sauce.

2 Hour 10 mins

Finely chop the onion, garlic, celery, carrot and mushrooms, add to the frying pan with 1tbsp of olive oil and fry for five minutes. Stick the beef back in the pan. Pour in the tomatoes and paste, add ½tsp each of oregano and basil and 1tbsp of sugar. Go on, live a little. Season with salt to taste, bring to the boil, then reduce the heat and simmer while you prepare the rest of the lasagne.

Make it...Low Carb

If you're entertaining a carb-conscious guest, you can seriously impress by making your own pasta sheets and cutting the carb content by 13g per serving. Blitz 115g of cream cheese in a blender, add 4 large eggs and 120ml of double cream. Line two baking pans with parchment paper and then coat the paper with non-stick cooking spray. Divide the mixture in half, pour in the pans and sprinkle 75g of mozzarella cheese on top. Bake at 175°C/gas mark 4 for 20 minutes.

1 hour 5 mins

Chop the spinach into small pieces and grate the courgette using the larger-holed side of the grater. Add the cottage cheese, egg whites and some salt and pepper, then blitz with a hand blender, or in a food processor if you have one. This makes the cottage cheese appear much more like the far lardier ricotta usually found in lasagne. Grate the mozzarella and set safely aside.

60 mins

Spread one-quarter of the tomato sauce over the bottom of the baking dish. Cover the sauce with three of the lasagne sheets, top with another quarter of the meat sauce, spread the cottage cheese filling over the top, then gently cover with more sauce. Place another three sheets over the filling and top with the remaining sauce. Cover with aluminium foil and bake for 45 minutes in your preheated oven. Remove the foil and sprinkle the top with the mozzarella, bake for a further 15 minutes. Get stuck in.

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MASH & GRAB

Our final fat and calorie heist snatches the lard from *MH* readers' all time favourite: bangers and mash

#1 S&M

Per portion	Before	After
Calories	545	208
Fat	28g	12g
Saturated fat	10g	3g

To burn the same calories through exercise?
38 minutes on the elliptical trainer

BEST OF BRITISH

We polled 1,000 *MH* readers for their favourite dishes. Then made them better. All kitchen classics are archived at menshealth.co.uk

A Blueberries were found to be the top fruit for antioxidant content. "Antioxidants help protect against cell damage to every organ in the body," says nutritionist Professor Henry Forman.

B With their butter and cream, mashed spuds rack up 19g of fat per serving. Cauliflower mash has only 2g of lard per serving, and releases sulforaphane, which helps flush cancer-causing chemicals from your body.

C *MH* gravy has only 56 calories and 2g of fat per serving, while the traditional stuff is an extra plane seat requirement waiting to happen, with 278 calories and 19g. In other words, it earns you a guilt-free pint of Guinness to wash down your bangers.

D Brits eat 300,000 tonnes of sausages a year. That's 12lb each. If you don't want it to go straight on your waistline, opt for all natural chicken bangers. And bring a dating rule to the kitchen: dodging greasy porkers means 70% less fat and 19g more of protein per link. Just like avoiding that awkward cab call, you'll sidestep nitrates, preservatives and MSG.

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Ingredients (Serves 4)

- A roasting tin, large pot, sieve and hand blender or masher
- 1 large cauliflower
- 2 cloves garlic
- 1 tbsp Boursin herb cheese (or flavoured goat's cheese)
- Salt and pepper
- 8 chicken and apple sausages
- 8 fresh sage leaves
- 1 red onion
- 1/2 tbsp margarine
- 1 beef bouillon cube
- 1/2 tbsp brown sugar
- 1 tsp balsamic vinegar
- 1/2 tbsp flour
- 175 ml water
- 1 small handful blueberries

And to Drink... tipples to make your sausages bang

Côtes du Rhône 2006, Les Cranilles, Domaine Vins De Vienne, Rhône, £8.95

This upmarket Côtes du Rhône has plenty of raspberry notes and a peppery finish. Medium to full-bodied. *bbr.com*

Crôzes-Hermitage Equinoxe 2007, Domaine des Lises, Maxime Graillot, Rhône, £11.75

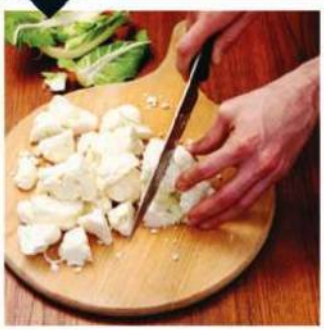
This wine is both lively and agile, with strawberry fruit underpinned by notes of tapenade and spice. *bbr.com*

Châteauneuf-du-Pape 2007, Domaine Raymond Usseglio et Fils, Rhône, £21.45

This is a traditional blend of Grenache, Mourvèdre and Syrah, which gives it a robust, rich texture. *bbr.com*

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. *FIND ALL THE TOP 20 DISHES AT MENSHEALTH.CO.UK

Preparation



30 mins

Preheat the oven to 200°C. Remove the cauliflower's outer leaves and cut it all into 3cm chunks. Peel the garlic but don't chop. Stick it all in a large pot, cover with water and add a pinch of salt. Boil on a high heat for 25 minutes. Oil a roasting tin with non-stick spray, sprinkle the sage leaves over it and place the sausages on top. Bung it in your pre-heated oven to bake for 10 minutes.

15 mins

Now onto the onion gravy. Finely slice the onions and fry in margarine over a medium heat. Sprinkle with salt and crumbled bouillon cube and stir until light brown. Add the brown sugar and balsamic and stir for another 2 minutes. Remove and set aside a third of the onions, then add the flour to the rest and stir for a minute until they're all coated. Slowly whisk in the water until you get a gravy consistency, then use a hand mixer to blitz the onion. Add the blueberries and crush with a fork. Add the onions and keep warm until you're ready to serve.

Make it... Gym fuel

If you're a traditionalist or you're after an extra shot of muscle-enabling potassium, go with traditional spuds. "Getting enough potassium is vital for muscle function," says registered nutritionist Carina Norris. Here's how: Peel 5 large Vivaldi potatoes, (available at Sainsbury's), cut them into chunks and boil in salted water for 12 minutes. Mash with a bit of skimmed milk, salt and pepper. Then for your gourmet twist, flavour the mash with either 1 tbsp of chopped sundried tomatoes, 1 tbsp of grated horseradish, or 2 tsp of grainy mustard. Look out Mr Ramsay.

10 mins

Remember the sausages? Okay, you can pour yourself another glass, then turn them over to bake for another 10 minutes until they turn a nice shade of brown. Give them a prod at the end and make sure your fork comes out hot. It's especially important that chicken sausages are cooked through.

5 mins

Once the cauliflower is mush, drain it in a sieve. Use a small bowl on top to force out as much excess water as you can then put the mash back in the pot and add the Boursin. An electric hand mixer is best to pummel the cauliflower into mashed consistency. Dollop the mash on to a plate, top with two sausages and drown in your guilt-free gravy. Garnish with a sage leaf and tuck in.

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Re:FUEL

Edited by Wesley Doyle

Wholegrain pitta The high-street doner's single redeeming feature – it will supply you with 25g of carbs, making it an essential post-exercise snack. "It will replenish energy stores and encourage muscle growth too," says nutritional therapist Sanna Anderson (thenutritioncoach.co.uk).

Sweet chilli sauce Don't hold back on the hot stuff. Chillies speed up your metabolism by 20%, according to new research from the University of Bangkok. As they have the world's fieriest cuisine, they should know.

Sliced, grilled chicken breast Lean protein is your muscles' best friend. "It helps your body repair itself after a workout," says Anderson. You can use ready-to-eat slices from any supermarket if you're short on time but fresh is best and works out cheaper.

Cucumber Spinal Tap were only half-wrong using it to boost their rock-star 'credentials'. "It's a source of silica, essential for healthy connective tissue, including muscles, tendons and ligaments," says Anderson.

Grated carrot Bunnies have the right idea about more than just sex. Eating one portion of carrots a day reduces your heart attack risk by as much as 60%, according to scientists at Harvard Medical School. If only it had a similar effect on myxomatosis.

Salad leaves "Valuable antioxidants from leaves are essential for reducing wear and tear on your muscles," says Anderson. It's definitely worth going green (and purple-ish).

1 tbsp peanut butter Nuts stop you snacking according to a study in the *International Journal of Obesity*. One serving of peanut butter reduces daily calorie intake by locking up hunger for 2.5 hours after eating.

THE SANDWICH BOARD

Michelin-starred chef Simon Rogan creates your perfect post-workout sandwich

HOW TO MAKE BANG BANG CHICKEN PITTA

1 Throw down that sweaty towel. Spoon your peanut butter and chilli sauce into a small pan over a low heat, and warm together to make the sauce.

2 Meanwhile, pop the pitta in the toaster until warm but not crispy. Leave it to cool then slice down one edge. Yes, just like they do at Abra-Kebabra.

3 Stuff the warm pitta pocket with your grilled chicken slices, vegetables and salad. It's looking good isn't it?

4 Pour over the warm sauce and devour immediately. Allow yourself a self-satisfied growl. Now get dressed.

PHOTOGRAPHER PETER THIEDEKE. FOOD STYLIST LORNA BRASH. *SIMON ROGAN IS CHEF PATRON OF MICHELIN STARRED L'ENCLUME RESTAURANT IN CARTMEL, CUMBRIA (LENCLUME.CO.UK) AND WINNER OF BEST CHEF AWARD FROM THE GOOD FOOD GUIDE 2009

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MEAT, YOUR MAKER

Protein gets you stacked, this much we know. But upping your intake with these seven tips can help with virtually every aspect of your daily existence

1 MORE MEAT, MORE MUSCLE

Protein provides amino acids – the building blocks of our bodies – creating cells, enzymes, hormones and practically anything else you can think of. You can get it from a variety of sources but the form that is synthesised best in the body is meat.

2 WORK HARD, PLAY FOWL

Once you've got that chicken breast down your neck, the protein is distributed throughout your body as required. It's only once the rest of you has had its fill that your muscles get their share, so you have to make sure you have enough to go round. "Official UK guidelines suggest 1.4g per kilo of body weight is required," says Food Doctor Ian Marber. "But that relates to a sedentary lifestyle. So if you're training you need to up that to 2g per kilo."

3 IMPROVE YOUR SKIN

Collagen, a protein in your skin that keeps you looking healthy, and keratin, which keeps the outer layer of your skin strong, are both synthesised from the food you eat. So by eating more protein you'll look younger and be more impervious to injury.

4 A MELLOW OUTLOOK

Banging your forehead on the desk is one way to relieve tension, but there's a less painful way – whey protein. It's key to bumping up the quantity of tryptophan in your body – the building block of serotonin. The study, published in the *American Journal of Clinical Nutrition*, also found whey reduced levels of the stress-hormone cortisol.

5 A TROUBLE-FREE LIFE

Brain or brawn? There's no need to choose, protein gives you both. For example, L-Valine, a protein that can't be produced by the body is essential for cognitive function in the brain. You can get it from kidney beans, cottage cheese and poultry. Food for thought, indeed.

6 MENTAL ALERTNESS

If you regularly tap-out after your midday meal, it could be because you're not prioritising protein. "Eating protein before carbs at lunch will help to avoid a blood-sugar crash and keep you sharp," says registered nutritionist Carina Norris. "Stay away from carb-heavy meals such as jacket potatoes and pasta, and go for something like a niçoise salad instead." The protein will fill you up and you won't wake up at 3pm with a keyboard imprint on your forehead.

7 MEAT-FREE MUSCLE

It's time to update the image of the weedy-looking vegetarian. In the past it was believed that only animal-derived proteins contained the essential amino acids. Much to the joy of veggies everywhere, the World Health Organisation now says that veg-derived proteins are just as good as the animal-based ones for building muscle. Tofu scored the highest on the protein-o-meter and can be used as a meat substitute in a variety of dishes. So you can love the little animals while still being a real man.

One pavement-pounder with cheese coming up

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INSTANT MUSCLE
Three brawn-boosting recipes

1 Pan-roasted swordfish with mushy peas
Best post-gym evening meal

- 150g of frozen peas
- 1 tbsp grated ginger
- 2 tbsp olive oil
- 2 swordfish steaks (approx 100g each)
- Salt and pepper to taste
- 2 tbsp of butter

Preheat your oven to 220°C (gas mark 7). Boil the peas until tender, drain then purée with the grated ginger and a little water. Heat the oil in a griddle, cook the steaks on each side until browned, then put the pan in the oven for 8 minutes. Plate the fish, add 2 tbsp of butter to the peas and serve.

2 Garlic prawn fajitas with guacamole
Best protein-rich packed lunch

- 2 tbsp olive oil
- 3 cloves of garlic, crushed
- 300g prawns
- 1 avocado, mashed
- 2 tbsp shallot, finely chopped
- ½ chilli, finely chopped
- Juice of ½ lemon
- Salt and pepper to taste
- 2 flour tortillas
- Handful of coriander

Cook this alongside your evening meal and you'll have tomorrow's lunch ready made. Heat the oil in a wok, add the garlic and cook for 30 seconds. Chuck in the prawns, cook until they're no longer pink. Mash the avocado, shallot, chilli and lemon juice together and smear half of it on each of the tortilla. Top with the prawns and coriander and roll up. Enjoy.

3 Lamb burger with mozzarella
Best guilt-free weekend lunch

- 450g of lamb mince
- 100g of mozzarella, cut into four chunks
- Salt and pepper to taste
- Burger buns, toasted

Lamb mince is lower in fat than beef mince and makes a tasty change. Divide the mince into four and form a burger around each of the mozzarella chunks. Season to taste. Grill for about 3 or 4 minutes on each side. Serve on toasted buns with lettuce, salad and your choice of garnishes. Chow the lot. Feel good about yourself.

TRAINER BURGER CREATED BY OLLE HEMMENDORFF AS AN ART PIECE FOR THE NIKE SPORTSWEAR 08080B CAMPAIGN. HEMMENDORFF.COM. ADDITIONAL PHOTOGRAPHY JEFF HARRIS. STUDIO 33. ILLUSTRATIONS BY JAMESON SIMPSON

125 ways to make dinner

Adding flavour to meals doesn't mean grueling hours concocting complex sauces. By blending basic ingredients and investing a few minutes, you can create over 125 different options for flavouring meats and fish.

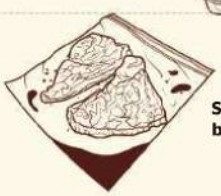
1 Start by choosing an acid (1), which tenderises the meat.

2 Add one or two agents (2), then one or two accents (3) for further flavour.

3 Combine the ingredients and the meat or fish in a plastic bag, and marinate for the times shown here.

Submerge chicken for 2-4 hours

Marinate fish for 15 to 30 minutes



Soak cuts of beef over night

CREATE YOUR OWN MARINADE

	1 Acids	2 Agents	3 Accents
A	150ml vinegar (balsamic, red, white, or rice-wine)	2 tbsp Dijon mustard	2 cloves garlic, crushed
B	200ml red or white wine	1 tbsp Tabasco chipotle pepper sauce	1 tbsp fresh ginger, grated
C	100ml orange juice	1 tbsp honey	2 tbsp chopped rosemary or thyme
D	Juice of one lemon or lime	50ml soy sauce	1 tbsp curry paste, or 1 tbsp curry powder
E	200ml plain yogurt	1 tbsp chilli sauce	1 tsp cayenne pepper or chilli powder

WINNING COMBOS

Killer fajitas 1C + 2B + 3A + 1kg skirt, flank, or hanger steak
Fiery chicken 1E + 2E + 3B + 3D + 1kg of chicken breasts
Asian salmon 1A (rice-wine vinegar) + 2C + 2D + 3B + 1kg salmon

GADGET GURU: THE RICE STUFF
TEFAL 4-IN-1 RICE COOKER

If your kitchen work surface resembles an overcrowded Brazilian favela, save yourself time, calories, money and storage space with a rice cooker. In addition to slow-cooking chilli, soups and casseroles, this multi-performer from Tefal can also be used to make the perfect rice, steam vegetables and cook porridge. Because slow-cooking bakes food in its own juices, you don't need to add any fat to keep it moist. The food stays nutrient-dense because the low, constant heat doesn't obliterate it. This heat also seals in the flavour. So go slow.
£54 from Lakeland (lakeland.co.uk) ▶

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NUTRITION KNOW-HOW

BACK IN FLAVOUR

Weight-loss doesn't have to mean a hideous regimen of celery and cabbage water. The latest research confirms that these eight mouth-watering foods can now be back on your 'to eat' list

1 OLIVE OIL
Yes, Jamie Oliver has been banging on about it for ages, but the research keeps coming. Fatty acids in olive oil trigger a protein that tells the body it's full, according to University of California research. And olive oil's 'good' fat is digested more efficiently than 'bad' trans fats. But it's still a fat – so don't glug, drizzle.

2 POMEGRANATE
This is the iPhone of your fruit bowl – so many great applications. Pomegranate seed oil reduces the body's ability to store fat, according to studies at the University of Houston. And the fruit has antioxidants that prevent fatty deposits forming in arteries. "They're so sweet they'll curb cravings for sugary foods," says nutritionist Dr Robert Wildman. They're also great with bitter salad leaves, but you may want to build up to that particular app.

3 EGGS
Kill your hunger with eggs. According to the International Journal of Obesity, oeufs for breakfast will help you lose weight and increase your energy. "They will dampen your appetite all morning," says weight loss expert Dr John Tickell. "And their low-calorie protein is perfect for weight loss." Plus, they're quick and easy: boiling, poaching and scrambling takes less time than it does to make your (wholemeal) toast. Eggs-cellent.

4 RED MEAT
If you can demolish a steak faster than England get bowled out by the Aussies, you'll like this: the American Journal of Clinical Nutrition found red meat eaters lost more weight than those who consumed the same amount of calories from different food. "Steak owes its weight-loss powers to the protein it's packing," says Dr Wildman. "Protein helps maintain muscle – and muscle burns four times as many calories as fat." But forget the maths, just get grilling.

AT YOUR CONVENIENCE

MH SCOURS SUPERMARKETS FOR READY-MADE FOODS THAT WON'T UNDO YOUR GAINS, THEN SHOWS YOU HOW TO MAKE THEM HEALTHIER. THIS MONTH: **COVENT GARDEN'S PLUM TOMATO AND BASIL SOUP**

THEY SAY
We choose the same natural ingredients you'd have in your own kitchen. This soup is low fat, low salt and low sugar. (£1.39 at all good supermarkets)

THE EXPERTS SAY A study by Consensus Action on Salt & Health (CASH) found that New Covent Garden Co's Plum Tomato and Basil soup was one of the lowest-salt soups on the market. "Most ready made soups are saltier than sea water (3.5g per 100ml), says nutritionist Dr Carrie Ruxton. "However, this only has 0.2g per 100ml. A large percentage of the soup is tomatoes (43%) which are a good source of cancer-preventing antioxidants. Studies published in the *British Journal of Nutrition* have shown that 28g of tomato products daily, even ketchup, can reduce your cholesterol levels by 12.9%. The soup is very low in fat, and the fat it does have is the good, monounsaturated, kind, as it comes from olive oil. To make it even healthier I would tear in some fresh basil and serve with wholemeal bread to add more energy, antioxidants and fibre."

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5 SOUP

Soup is great isn't it? Easy to make and no chewing. In fact, research by Pennsylvania State University found those who ate soup before their main meal lost around 7kg a year more than people who ate their meals without it. Filling up on a low-calorie, high-volume food as a starter stops you wanting so much for your main course. It's psychology, innit? Just avoid cream-based soups and stop eating when you're full – there are no prizes for emptying your bowl.

6 BAKED BEANS

It's time to revisit those Heinz tins that were relegated to the back of the cupboard when you left uni. People who regularly eat beans have 23% smaller waistlines than non-bean eaters and are 22% less likely to become obese, according to research in the *Journal of the American College of Nutrition*. "Low-fat and filling – I haven't a bad word to say about beans," says Dr Tickell. Though, look for the low salt/low sodium varieties, because some contain way more than you should consume. We're all out of fart jokes, by the way.

7 CHEESE

No, you're not dreaming. Blokes who eat one serving of full-fat cheese (about the size of a matchbox) everyday are less likely to gain weight than those who eat low-fat dairy products, says the *American Journal of Clinical Nutrition*. "Whole milk contains something called conjugated linoleic acid, which helps your body burn fat," says Dr Wildman.

The harder the cheese, the higher the fat content, so creamy camembert contains less fat than plain cheddar," says nutritionist Aloysa Hourigan. "Control your portion sizes by choosing strong flavours; a taste of blue cheese will satisfy taste buds more than a chunk of mild cheddar." Both are tastier than cheese strings.

8 SOY

When soy consumption goes up, weight goes down. Studies at the University of Illinois found soy protein interacts with the receptors in our brain that tell us we're full. And that's not all: "It also boosts metabolism and reduces fat in the body," says Dr Tickell. Our advice: Step 1: go to the supermarket or your local Japanese restaurant. Step 2: order yourself to a portion of edamame (soy beans boiled in their pods). Step 3: eat and enjoy. Step 4: watch the weight fall off. Soy far so good.

PHOTOGRAPHY EDWARD URRUTIA. PAPER ENGINEER BENJA HARNEY (PAPERFORM.COM.AU). ADDITIONAL PHOTOGRAPHY STUDIO 33, GETTY.

COOKING THE FIGURES

The added amount of cancer-fighting antioxidants you get from carrots if you boil them before cutting them. Newcastle University

GADGET GURU

OXO fat separator

It is the tool you wish you'd invented. Chew the fat over your Sunday roast without piling on the pounds by simply switching to this gravy jug. Pour the gravy into the separator and watch in fascination as the fat rises to the top while lean gravy settles to the bottom. When you pour it over your spuds you are pouring the 'skimmed' version. The jug is heat proof and has a non-slip handle making it easier to pour. *£9.99 headcook.co.uk* ►

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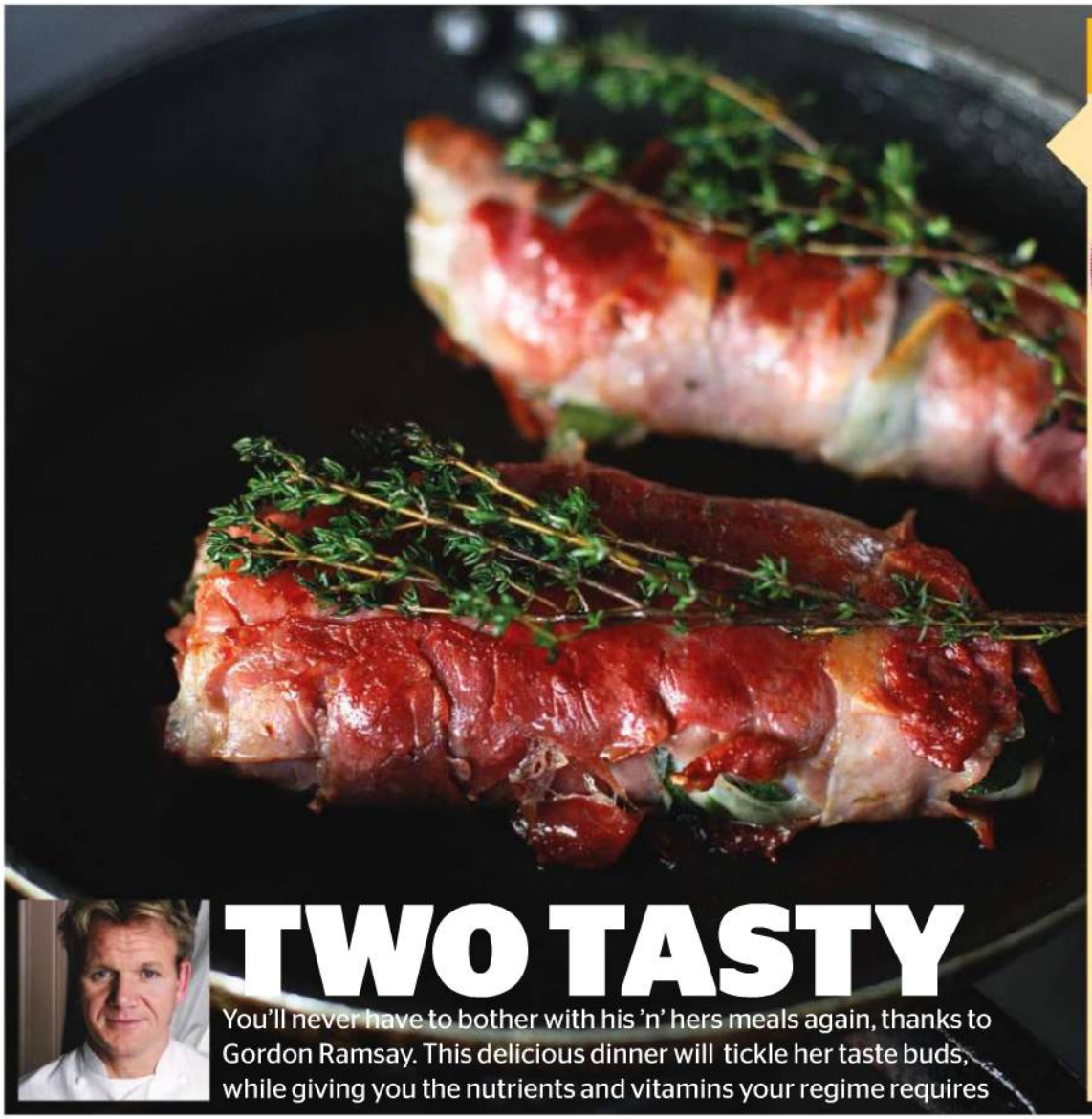
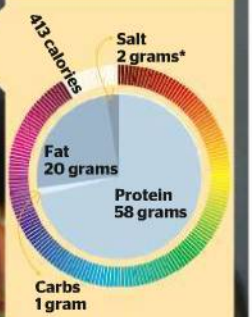


TWO TASTY

You'll never have to bother with his 'n' hers meals again, thanks to Gordon Ramsay. This delicious dinner will tickle her taste buds, while giving you the nutrients and vitamins your regime requires

WHY IT'S GOOD FOR YOU



Nutritionist Dr Carrie Ruxton says...
"The high-protein, low-calorie content of chicken will give you extra brownie points if she's trying to watch her weight. High-protein foods limit appetite, so you're less likely to pig out when offered chicken or white fish. The ricotta delivers half your daily phosphorus needs and a fifth of calcium, key for energy and bone strength. There's lots of vitamin B6 too, which has been linked with improved mood, which is an obvious bonus."

STUFFED CHICKEN BREASTS WRAPPED IN PARMA HAM WITH SAGE RICOTTA

WHAT YOU'LL NEED (SERVES 2)

- 2 large chicken breasts (170-200g)
- 4 sage leaves
- 3 heaped tbsp ricotta cheese
- 4 Parma ham slices
- 1 tbsp olive oil
- Sea salt and black pepper
- A few sprigs of thyme

A BITE ON THE SIDE

To make this *dîner à deux* even healthier, serve with steamed veg, perhaps French beans and broccoli or spinach. To ensure your efforts don't go unrewarded, include some asparagus, which is packed with vitamins A and C – and quite an aphrodisiac.

GORDON SAYS...

1 Make a deep cut along one side of each chicken breast, without slicing right through, then open out. Finely chop two sage leaves, mix into the ricotta and season with salt and pepper to taste. Lay two Parma ham slices on the board, overlapping them slightly.

2 Place a sage leaf in the middle and lay an open chicken breast on top. Spoon a quarter of the ricotta and sage leaf mixture onto the middle of the chicken, then fold the sides back together again, to enclose the filling. Now you know how they get the garlic butter into chicken Kiev...

3 Now wrap the Parma ham slices around a chicken breast. Wrap in cling film. Repeat with the other chicken breast and refrigerate them for 2 hours. Heat the oven to 180°C/gas mark 4 and place a roasting tin in it to heat. Then grab a frying pan and heat some olive oil in it.

4 Remove the cling film and fry the chicken until its browned. Lay a few thyme sprigs on each breast, then place in the hot tin in the oven for 12-25 mins. Rest the chicken, covered with foil, in a warm place for 5-10 minutes. Slice each breast thickly on the diagonal and serve.

PHOTOGRAPHY LISA BARBER. ILLUSTRATION JASON PICKERSGILL AT ACUTE GRAPHICS. RECIPE TAKEN FROM GORDON RAMSAY'S HEALTHY APPETITE (QUADRILLE).

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ME AND EWE

A hearty serving of Gordon Ramsay's rump of lamb will ensure you're getting everything you need for your regime, and keep her taste buds tantalised. So there's no need for separate dinners

WORDS NICKY WILLIAMS AND WESLEY DOYLE. PHOTOGRAPHY RECIPE TAKEN FROM *GORDON RAMSAY'S HEALTHY APPETITE* (QUADRILLE). PHOTOGRAPHY LISA BARBER. ILLUSTRATION JASON PICKERSGILL AT ACUTE GRAPHICS

WHY IT'S GOOD FOR YOU

The rump is the leanest cut of lamb there is and weighs in with a massive 60g of high-quality protein. You'll get another 24g of the muscle-building stuff from the Puy lentils – they are also very low in fat, which will be music to her ears. The green beans deliver excellent helpings of vitamins A and C plus 122% of your daily vitamin K needs, all of which are essential for energy and bone strength. Which you'll both be needing plenty of if the rest of the evening goes according to plan...

RUMP OF LAMB WITH PUY LENTILS AND GREEN BEANS

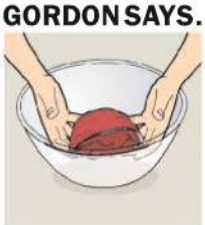
WHAT YOU'LL NEED (SERVES 2)

- **2 thick rumps of lamb, about 220g each**
- **A few thyme and rosemary sprigs**
- **½ tsp coriander seeds, lightly crushed**
- **½ tsp black peppercorns, lightly crushed**
- **½ tbsp olive oil**
- **125g Puy lentils**
- **Half a head of garlic, cut horizontally**
- **400ml chicken stock**
- **200g green beans**
- **A splash of balsamic vinegar**

A BITE ON THE SIDE

Nutritionally, this is a pretty complete meal, but you can always add some extra fibre with a couple of servings of steamed seasonal veg. Kale and leeks are both delicious and readily available at this time of year.

GORDON SAYS...



Trim the lamb of any fat, then place in a wide dish with the herbs, coriander seeds, peppercorns and olive oil. Toss to thoroughly coat the meat and leave to marinate in the fridge so these delicious flavours can meld and develop; for at least a few hours, and overnight for maximum effect.

Put the lentils in a pan with the herbs and garlic, then pour on the stock. Bring to the boil, then simmer for 20 minutes. Drain, reserving the stock; discard the garlic and herb sprigs. Blanch the beans in a pan of salted water until tender. Drain and refresh in a bowl of iced water, then drain again. Set aside.

Heat the oven to 190°C/Gas 5. Season the lamb and sear in a hot, ovenproof pan for 3 minutes. You might want to think about laying the table and getting the plates ready to warm at this point. All done? Then you better try the wine. It'd be rude if you served corked vino, after all...

Transfer the pan to the oven and roast for 6-8 mins. Leave the meat to rest. Pour off the fat from the pan and add the lentils and beans. Add balsamic and stock. Toss over a high heat. Put the lentils and beans onto warm plates. Thickly slice the lamb and arrange on top. Drizzle with juices and serve. ▶

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COLOUR YOUR PALATE

In colouring the foods we eat, Nature has done us a nutritional favour. Eat bright, feel better is the mantra, so we've colour-coded your diet to ensure you get all the nutrients you need

For optimum health, add a splash of colour to your plate. Cambridge University researchers found that it's real food rather than vitamin pills which has a meaningful effect on cancer rates. The reason: nutrients obtained from food digest slower and are more easily absorbed by the body. We all know that we should be eating our greens but our reds, blues, oranges and whites have strong virtues, too. NB: Smarties don't count.

ORANGE AND YELLOW

Peppers, peaches, apricots, melons, carrots, sweet potatoes, squash, mango

Orange and yellow fruits and vegetables owe their feel-good glow to carotenoids: fat-soluble pigments that tinge everything from ripe tomatoes to flamingos. While you probably won't want to eat a flamingo, carrots will lower your risk of heart disease, boost your immune system and keep your heart healthy. They also counter tumour growth by aiding communication between cells.

SERVE IT UP Steam your carrots, don't boil them: light cooking increases the bioavailability of carotenoids, meaning your body absorbs them more easily, while overcooking destroys some forms according to the American Society for Nutrition.

GREEN

Avocado, broccoli, cabbage, spinach, courgettes, green beans, lettuce, leeks, peas, parsley, kiwi fruit and chives

Dark green veg contains an array of beneficial ingredients, including lutein, zeaxanthin and betacarotene, all of which reduce the risk of macular degeneration, Alzheimer's disease, dementia and heart disease. In fact, a study published in the *Journal of the National Cancer Institute*, found one serving a day of any green vegetable slashes your chances of having a heart attack by up to 11%.

SERVE IT UP To protect your peepers go for a fruit salad made with Kiwi fruit and grapes: recent University of Texas studies found that these were the richest source of the compound lutein.

RED

Cabbage, cherries, cranberries, grapes, peppers, pomegranates, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon, guava, papaya

Red foods are rich in vitamins A and C but the chemicals to thank for their colour are lycopene and anthocyanin. Research by Cornell University found cooking lycopene makes it 62% easier to digest and ramps up its antioxidant activity.

SERVE IT UP For a cancer-busting pasta sauce fry onion with garlic in olive oil and add some mince. Chuck in some mushrooms and sun-dried tomatoes. Add a tin of chopped tomatoes with herbs. Leave to simmer until thick. The fat from the olive oil makes the lycopene easier to digest and the anthocyanins will mop up some of the carcinogens from the meat.

WORDS NICKY WILLIAMS. PHOTOGRAPHY JOHN RINTOUL. ROB WHITE. FOOD STYLING CARA HOBDAY

PURPLE

Blackberries, acai, blueberries, aubergine, figs, plums, prunes, purple grapes, raisins

While anthocyanins are often overshadowed by their cell-mate lycopene, research from the *Journal of Biomedicine and Biotechnology* has shown they protect against liver disease, reduce blood pressure, increase anti-inflammatory activities and stop carcinogens from forming in cooked meat. Ohio State University food scientists found anthocyanins slow the growth of colon cancer by 80%, while a report in the *Journal of Agricultural and Food Chemistry* found a handful of purple berries a day fights obesity. Purple foods also have high levels of resveratrol, found to reduce the risk of heart disease and cancer, and improve memory.

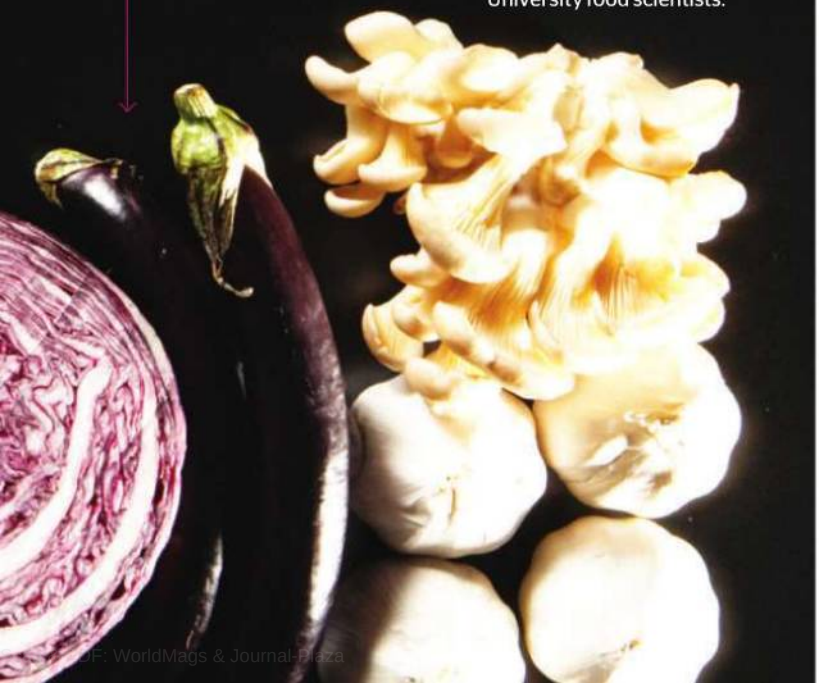
SERVE IT UP A glass of red also counts in a rainbow diet – it relaxes blood vessels, reducing the amount of work your heart has to do, according a study by the University of Toronto.

WHITE

Bananas, cauliflower, garlic, ginger, mushrooms, onions, parsnips, turnips

A bad colour choice for bread, rice and pasta, but pale vegetables are packed with anthoxanthins. Blessed with anti-inflammatory properties, these lower your risk of stomach cancer and heart disease. A study by Queen's University, Belfast, found allicin, the stuff that gives garlic its distinctive nose, is a super-antioxidant, rivalling green tea for mopping up cell-damaging free radicals. White foods also contain beta-glucans, chemicals that bolster your immune system by upping the production of white blood cells according to the *Journal Of Immune Pharmacology,* and can reduce your cholesterol according to Harvard Medical School bods.

SERVE IT UP Stir fry some mushrooms, ginger and cauliflower florets. Anthoxanthins are water soluble, so boiling saps their powers, say Oregon State University food scientists.



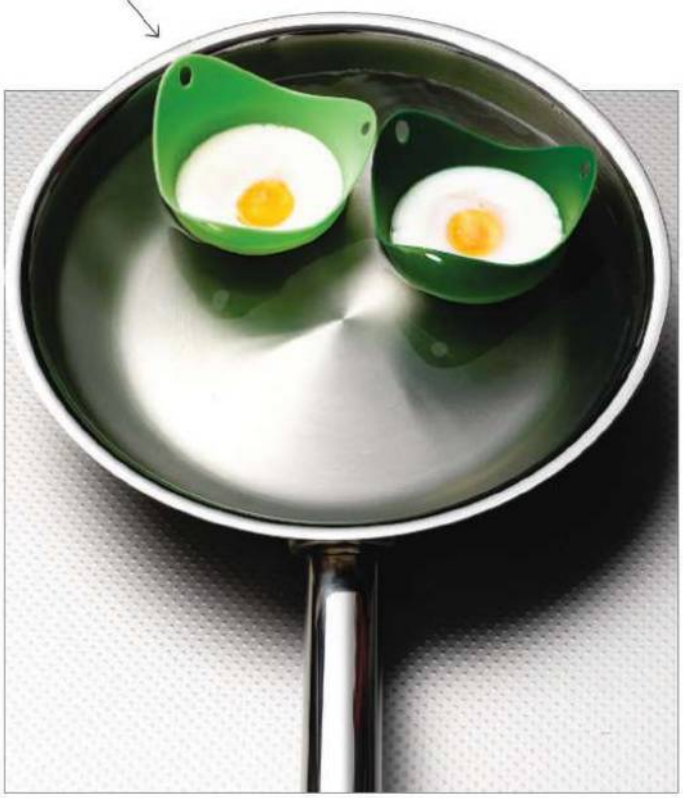
PDF: WorldMags & Journal-Plaza

GADGET GURU

Poached egg pods

A study published in the *International Journal of Obesity* found eating poached eggs for breakfast helps you lose 65% more weight than if you went for a bagel. The reason; eggs are a good source of cheap, high-quality protein, giving you 11% of your RDA at only 68 calories per egg. Simply grease one of these aesthetically pleasing pods with a slick of olive oil, crack in your egg and float in a pan of boiling water. Leave for three minutes if you like them runny, a minute or two longer if you like firmer eggs, then tap out over wholemeal toast.

£4.88 for two Lakeland (lakeland.co.uk)



AT YOUR CONVENIENCE

READYMADE FOODS MADE EVEN HEALTHIER. THIS MONTH: TILDA MICROWAVE STEAMED BROWN BASMATI RICE £1 FOR 250g

ON THE PACKET

Brown basmati rice has all the goodness of wholegrains, is low-GI and a good source of fibre. One pouch contains 340 calories and 5.2g fat

FROM THE EXPERTS

"Brown rice is a good source of easy-to digest carbohydrates, B-vitamins, fibre, iron and manganese – all of which help to give you energy," says registered nutritionist Carina Norris. "Studies have shown that eating brown rice can burn off your belly fat, lower your cholesterol and prevent heart disease. However, it contains no protein so I would stir in some large pre-cooked prawns or a chicken breast. A squeeze of lime will add flavour and to help you absorb the iron and vitamins, some frozen mixed vegetables or peas are a good idea. Finally embellish with metabolism-boosting chilli sauce."

THE BEAR ESSENTIALS

Don't let dark afternoons and miserable weather dampen your nutritional spirits. These four immune-boosting dishes will see you through your winter hibernation unscathed

Winter – it's cold, wet and miserable and makes you want to hide away and eat warming foods. Which is no bad thing – after all, that's exactly what animals are supposed to do. But a period of hibernation doesn't mean you can forget everything you know about nutrition. You may need a bit of extra insulation but that's an excuse to dig out a chunky knit cardigan, not welcome back your love handles. Instead, reach for one of these dishes – they're packed with ingredients that boost your immune system and ward off illness. So the next time you go out foraging, drag this lot back to your cave and get your paws on some proper comfort food. That should stop you being grizzly.

Healing lamb sarnie

WHAT IT DOES

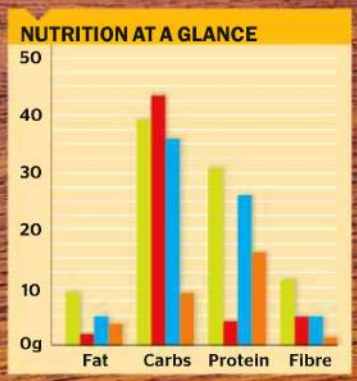
Lamb is so good for you it can make you forget that it was once cute and fluffy. The meat contains conjugated linoleic acid, which has been found to boost your immunity by a massive 40%. Plus the riboflavin in whole-wheat bread promotes red blood cell growth and creates antibodies that fight illness.

WHAT YOU NEED (SERVES 4)

- 450g leg of lamb
- Pinch of ground black pepper
- Pinch of cayenne pepper
- Pinch of garlic powder
- Pinch of salt
- Splash of olive oil
- 8 slices whole-wheat bread
- Handful of red onion, sliced
- 2 tomatoes, sliced
- Handful of baby spinach leaves

HOW YOU MAKE IT

Mix peppers, garlic and salt with the oil then rub over the lamb. Place in a roasting pan with 2cm of water. Cook for 3 hours at 160°C, then cover with foil and cook for 45 minutes. Let the lamb sit for 20 minutes, then carve thinly and stack it with the remaining ingredients to make four closed sandwiches. Eat.



PHOTOGRAPHY: ANITA CALERO, STUDIO 33

Sweet potato relief

WHAT IT DOES

Betacarotene ups your levels of disease-fighting white blood cells and sweet potatoes are packed with it. Plus, the allicin in raw garlic kills illness-causing microbes.

WHAT YOU NEED (SERVES 4)

- 2 medium sweet potatoes (about 700g), peeled and cut into chunks
- 3 tbsp skimmed milk
- 1 tbsp butter
- 2 tbsp finely chopped fresh basil leaves plus extra to serve
- 1 tbsp grated parmesan
- 1 tsp minced garlic
- salt and pepper, to taste

HOW YOU MAKE IT

Place the sweet potato into a pan of boiling salted water for about 15 minutes. Drain and put in a mixing bowl. Combine the milk and butter in another bowl and zap in a microwave for a minute. Add this and the rest of the ingredients to the mixing bowl then beat vigorously. Season to taste and then serve. A flu-fighting fat-free feast is just a fork away.

Flu-smashing chicken soup

WHAT IT DOES

University of Nebraska researchers found that homemade chicken soup really does make sick people feel better. It reduces congestion and inflammation by limiting movements of the white blood cells that produce infection-related mucus. The result? Less snot.

WHAT YOU NEED (SERVES 4)

- 3 chicken breasts
- 2 stalks celery cut in half
- 4 garlic cloves
- 3 carrots cut into batons
- 1 medium onion cut in half
- Good glug of olive oil
- 1 chilli, seeded and diced
- Pinch of dried oregano
- 700g potatoes cut into bite-size pieces
- 3 medium tomatoes, seeded and chopped
- salt and pepper, to taste

HOW YOU MAKE IT

Put the chicken, celery, 2 garlic cloves, half the carrots and half the onion into a large pot of cold water. Bring to the boil, then simmer for 1 hour. Set the chicken aside. Strain the broth. Put the oil, chilli, oregano, garlic and onion into a large pot. Cook over a medium heat for five minutes. Add the broth, potatoes and remaining carrots. Cook until the potatoes are tender. Shred the chicken, then add to the soup with tomatoes, salt and pepper. Cook until hot and serve immediately.

Cold-crushing crab cakes

WHAT IT DOES

Crab is full of selenium, which helps your immune cells produce cytokines – proteins that chase flu from your system. Capsaicin, which gives cayenne its kick, unstuffs noses and stimulates production of leukocytes, which kill bad bacteria.

WHAT YOU NEED (SERVES 2)

- 170g tinned crab meat
- A handful of finely chopped onion
- 1 egg, beaten
- 2 tbsp finely chopped red pepper
- 2 tbsp reduced-fat mayonnaise
- Pinch of paprika
- Pinch of cayenne pepper
- 2 tbsp dried breadcrumbs
- Splash of olive oil

HOW YOU MAKE IT

In a bowl, stir together the crab, onion, half the beaten egg, red pepper, mayo, paprika and cayenne. Divide in half and then on baking paper, shape each into a 7cm patty. Get two shallow bowls and put the remaining egg in one and the breadcrumbs in the other. Coat each patty with breadcrumbs then coat with egg, then back to breadcrumbs. When completely coated, bake at 230°C for five minutes per side or until golden. Serve with salad and wedges.

menshealth.co.uk/nutrition

GADGET GURU

Potato ricer

Save yourself some time and effort by investing in a potato ricer. While pounding a pan of warm potatoes may be therapeutic, the end result can be lumpy, unevenly cooked mash and a sore arm. Instead, bake your potato in the microwave for five minutes then squeeze the fleshy middle through the machine's holes. The squeezing action forces air into your mash, meaning you get light, fluffy, lump-free mash with very little effort. Because the end result is finer, you don't have to add as much butter or milk to improve the consistency, so you'll save on calories, too.

OXO Good grips potato ricer £20 (amazon.co.uk)

AT YOUR CONVENIENCE

READYMADE FOODS MADE EVEN HEALTHIER. **THIS MONTH**: STEWED! MOROCCAN STEW £5 OCADO.COM

ON THE PACKET

"Tasty chunks of chicken cooked with juicy green olives, tangy preserved lemons and a sprinkling of exotic spices. A zesty treat."

FROM THE EXPERTS

"Many ready meals contain as little as 20% meat, but this one is almost 50%, giving you a massive protein fix," says registered nutritionist Carina Norris. "It's also preservative and additive free. However, it doesn't contain as much veg as it could so I would suggest adding a handful of mixed frozen veg to the pot just before you microwave it. The portions are big so eat half and serve with either protein-rich couscous or B-vitamin-rich bulgar wheat."

101 WAYS TO BURN OFF A MAGNUM

Summertime and the living is creamy? Here's how to melt the 260 calories that go down with that imperious ice-cream cool-down

Holiday time

24 mins beach football
38 mins beach cricket
26 mins running on wet sand at 8mph
82 mins power boating
20 mins free diving
158 mins reading on a lounger
118 mins rubbing in sun cream
21 mins breaststroke
30 mins backstroke
26 mins front crawl
55 mins body surfing
21 mins water polo
50 mins deep-sea fishing
45 mins fly-fishing
57 mins mini golf
26 mins hiking up hills with a 10kg pack
103 mins packing

At home

127 mins foreplay
205 mins hugging
186mins kissing
83 mins vigorous sex
136 mins in the bath
118 mins in the shower
82 mins cooking
188 mins brushing your teeth
103 mins changing bulbs
95 mins washing clothes
103 mins dressing
89 mins ironing
82 mins styling your hair
58 mins bathing the dog
60 mins plastering

In the park

46 mins shooting hoops
26 mins roller skating
32 mins skateboarding

Sweating it out

27 mins of lunges
28 mins of squats
26 mins of clean and presses
30 mins of crunches
26 mins of star jumps
26 mins capoeira
40 mins lifting machine weights
35 mins lifting free weights
24 mins of pull-ups
17 mins squash
11 mins on a treadmill at 8mph on a 10% incline
12 mins on a treadmill at 8mph on a 5% incline
23 mins rowing
26 mins circuit training, minimal rest

Great outdoors

46 mins playing golf
103 mins on a golf buggy
58 mins carrying clubs
68 mins at the driving range
31 mins trotting on horseback
21 mins road cycling
24 mins mountain biking
17 mins sculling
68 mins walking the dog
20 mins free-running
22 mins trail-running
15 mins road-running at 8mph
26 mins abseiling
41 mins fast walking at 4mph
137 mins watching live sport

WORDS MATTHEW BARBOUR. PHOTOGRAPHY GETTY. DATA COMPILED WITH *THE COMPENDIUM OF PHYSICAL ACTIVITIES TRACKING GUIDE* BY NORMAN ARNOLD, PROFESSOR OF BIOSTATISTICS AT THE UNIVERSITY OF SOUTH CAROLINA. FIGURES BASED ON THE AVERAGE 12ST MAN

82 mins camping
22 mins swimming underwater
68 mins diving off a springboard

Garden-centred

76 mins cutting the hedge with electric shears
48 mins cutting it with manual shears
82 mins croquet
41 mins painting a fence
103 mins hanging out clothes
58 mins on a trampoline
35 mins chopping wood
27 mins sawing wood
46 mins mowing the lawn
82 mins barbecuing
103 mins eating it

Downtime

82 mins playing pool
76 mins playing darts
103 mins socialising
108 mins queuing for drinks
46 mins dancing
102 mins singing
26 mins Frisbee
55 mins keeping wicket
63 mins fielding
136 mins picnicking
46 mins hacky sack
51 mins refereeing the kids' footie
51 mins tai chi
41 mins softball
21 mins touch rugby

At work

82 mins making presentations
137 mins talking on the phone (sitting)
105 mins on the phone (standing)
116 mins typing
127 mins surfing the net
89 mins photocopying
89 mins filing
136 mins in meetings

This here is a Magnum, the world's most powerful ice cream

The 47 Easiest Recipes in the World

Nothing on these pages takes longer than 15 minutes to cook. Even if you burn water, you can make this food from the world's culinary cognoscenti. All of it is good for you, and all of it is delicious. *Bon appetit*

Photography Peter Thiedeke

Key SEXY FOOD (IMPRESSES GIRLS) HEART FRIENDLY (GARLIC, LOW-FAT) VITAMIN-RICH BRAIN FOOD (SLOW-BURN ENERGY, OMEGA-3 OILS)
WEIGHT LOSS (LOW CALORIE OR LOW CARBS) MUSCLE BUILDING (HIGH PROTEIN) CLEANSING (DETOX FOODS) ENERGY

Scan & PDF: WorldMags & Journal-Plaza

First thing

Breakfast is the most important meal of the day, so prepare to get fired up

Posh bacon and eggs

Fry meaty bacon chunks in butter or olive oil. As they cook, boil eggs for 6 minutes. Put eggs and bacon on top of frizzy lettuce. Deglaze pan with white wine vinegar and pour pan juices over all.

❖

Night-before muesli

Mix a cup of rolled oats with a cup each of apple juice and soya milk and half a cup of yoghurt. Stir in a grated apple and a handful of chopped nuts. Soak overnight in a sealed container, then eat with fresh berries.

❤●■✳

The Hangover Ragel by *MH* Fitness Editor Ray Klerck

Spread tomato pesto on a toasted wholewheat bagel. Pile on slices of mozzarella, drizzle with olive oil, garnish with basil leaves.

❤✳

Your powers are weak, Hangover

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Fish

Recipes that won't tax your mind, with oils to boost your brain – it's like having a phd on a plate

Fish sandwich
Heat some olive oil in a pan. Roll a fillet of thin white fish in flour and fry until crisp, about two minutes per side. Serve on sliced bread with salad leaves and ketchup.
●❖❄

Baked mackerel
Preheat oven to 200°C/gas mark 6. Smear mackerel fillets with mustard, then cover with chopped herbs (tarragon or rosemary, or both), salt, pepper and breadcrumbs. Bake for eight minutes, serve with thick rye bread and leaves.
❤●❖❄

Mediterranean fish
Set two white fish fillets in an oven-proof dish. Cover with a tin of chopped tomatoes, ketchup, chilli sauce, splash of soy sauce, honey, garlic salt and oregano. Bake at 180°C/gas mark 4 for 10 minutes. Serve with boiled potatoes.
❤★●▲■

Tuna bean wrap
Make a bowl of tinned tuna, diced onion, half a tin of cannellini beans, olive oil and pepper. Mix well. Stuff the mixture into wraps with tomatoes and lettuce.
❤★●❖❄

Hot tuna niçoise by Jamie Barber Villandry, London (villandry.com)
Put some potatoes and some eggs on to boil. Sear a tuna steak in oil for a minute on each side. Put aside. Mix together a handful of black olives, chopped plum tomatoes and cucumber, three or four white anchovy fillets, and a handful of chopped parsley. Chop the hard-boiled eggs; add those. Quarter the potatoes; add them, and plenty of salt and pepper.
❤★❖❄

Mussels
Chop and sweat half an onion and three sticks of celery in a deep pan. Add 1kg of mussels, discarding any that are open, and a glass of dry white wine and cover. Steam for five minutes, shake pan and add a handful of chopped parsley. Now discard any which are closed.
✤●

Smoked mackerel pate
Flake smoked mackerel fillets into a bowl and mix with half a pack of soft cream cheese, a splash of Tabasco sauce, a tablespoon of horseradish, juice of half a lemon and half a lime. Serve with tomatoes on the vine and thick toast, with plenty of salt and pepper.
❤★●❖

Salmon teriyaki
Sear salmon steaks; remove from pan. Add a splash of water, sake, a little sugar and soy sauce to pan and thicken; return salmon to pan and turn in sauce until cooked. Serve with steamed broccoli or kale.
❤●❖

Boost your thinking power and muscle power in one fell swoop

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Pasta

Pasta has always been easy – the trick is to make it tasty, here's how

Linguine marinara
Put linguine on to boil. Gently cook onions and a clove of garlic in olive oil; add tinned tomatoes and splash of white wine. Cook for five minutes. Add a pack of mixed seafood and heat through. Serve over linguine with parsley. ❤✳

Tuna pasta
Mix a tin of tuna in olive oil, halved cherry tomatoes, green beans, finely chopped red chilli and lemon juice. Drain the cooked pasta and top with tuna mixture. ❤★●❖✳

No-bake pasta bake
Turn cooked pasta and a couple of garlic cloves into an oiled pan over a medium heat. Brown and squash into a patty. Flip, and pour over three beaten eggs and grated Parmesan. Brown other side and serve. ✳

Easy meatballs
Put pasta shells on to boil. Skin a couple of spicy sausages. Fry with chopped chilli in olive oil until brown, then add a glass of white wine and tomato purée. Cook for five minutes until sauce thickens, and then combine with the pasta. ❖

Garlicky pasta
Cook spaghetti for 10 minutes. Meanwhile, brown sliced garlic in a hot pan with olive oil, then add a ltsp each of cumin and chillies. A minute later, add breadcrumbs, salt, pepper and lemon. Pour over the spaghetti and grind plenty of pepper over. ❤❖✳

Meat

Start with a quality cut and a delicious protein-packed meal is only moments away

Use your noodle for a sure-fire energy fix

Chinese chicken
Stir-fry onions with broccoli, sugar-snap peas and mushrooms. Add cubed chicken, two crushed garlic cloves and a knob of grated ginger. After five minutes, add a little water, soy sauce and plenty of black pepper. Heat through and serve over noodles. ❤★●▲❖✳

Steak salad
Pan-grill a rump steak in olive oil for four minutes on each side. Season, slice and serve over romaine lettuce and red onion with a little olive oil and lemon. ●▲✳

Chicken kebab by Stuart Gillies, Boxwood Café, London (gordonramsay.com/boxwoodcafe)
Fry a sliced chicken breast until golden. Remove and set aside. Brown some red onion slices. Warm wholemeal pittas in the oven, then stuff them with lettuce, tomato, the onion and chicken, avocado, mayonnaise and chilli sauce. Top with coriander. ★❖✳

Sausage and eggs
Chop salami into small pieces, warm in a little oil; stir in three eggs and scramble. Serve on toast. ❖✳

Hot beef burritos
Stir-fry 500g of mince mixed with chopped onions and cumin or chilli powder. Spoon into soft tortillas and top with tomato, lettuce, tinned kidney beans, onion, coriander and sour cream. ●❖✳

Pork and peppers by Jason Atherton, Maze, London (gordonramsay.com/maze)
Roast red and yellow pepper chunks at 200°C for 10 minutes. Pan-fry a pork fillet with 1 tsp each of paprika and ground cumin, a bay leaf and garlic for five minutes a side. Slice and place on top of peppers. Sprinkle with thyme. ✤★▲❖

Steak
Coat both sides of a sirloin with black pepper. Sear in a hot griddle pan for two minutes a side. Remove from pan and add a splash of red wine, chopped onions and tarragon. Cook off the alcohol, then return steak to the pan for a minute to finish. ★❖

Lamb chop
Flatten the chop by bashing it; brush with olive oil; brown for a minute on each side then roast in 200°C/gas mark 6 oven for 8-10 minutes. Return to pan, add chopped rosemary and whole garlic cloves; splash in white wine and bubble for a minute. Pick out garlic and serve with pan juices. ★❖✳

Figs and prosciutto
Chop prosciutto or any high-quality ham and crisp it slightly in a pan with olive oil, then add chopped fresh figs and warm. Serve over mixed leaves with crumbled stilton or feta. ✤★❖✳

Busy man's cassoulet
Fry half a chopped onion and crushed garlic. Add six sausages; brown. Add a tin of chopped tomatoes, a glug of red wine and three sprigs of rosemary. Season with salt, pepper, sugar. Reduce for five minutes. Add a tin of cannellini beans. ✤❤

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Sip, slop and slurp your way to longevity

Liquid food

Say goodbye to dull sandwhiches at lunchtime by creating a meal you can fit in a flask

Cold yoghurt soup
by Atul Kochar, Benares, London (benaresrestaurant.com)

Deseed and chop a green chilli and cucumber. Liquidise cucumber, chilli and 200g plain yoghurt. Season well with salt and 10g of crushed cumin seeds, then divide the soup in small containers. Chill in the fridge and serve with mint leaves.

●▲

Easy gazpacho

Dice 500g of tomatoes, peel and dice a cucumber and whiz up with some bread, a slosh of olive oil, two tablespoons of vinegar, a clove of garlic, and ice. Whiz again with salt and pepper, then serve.

✣❤●■

Power smoothie

Blend 250ml yoghurt, a tablespoon of honey, a tablespoon of ground flaxseed, a punnet of blackberries, and almonds. Serve in tall glass.

❤●■❄

Palatable protein shake

Buy Promax Neutral. Blend with a banana, handful of frozen berries and skimmed milk or water.

❖

Smugly healthy green soup

Cook broccoli stalks in chicken stock until tender; blend most of them with a little cream, adding enough stock to thin the purée. Garnish with the reserved tips. Serve hot or cold.

❤★●

Night food

Finish a long night out with the greatest pre-sack snacks man can make

Bacon sandwich

Fry six rashers of bacon. Slap between bread. Slather in ketchup. "L" and "T" are optional.

Toby Wiseman's* three ways with sausages...

1 The sausage, chips and beans
Grill sausage. Bake oven chips. Heat beans. HP.

2 The sausage
Grill sausage.

3 The sausage sandwich
Grill sausage. Slice bread. Add ketchup and mustard.

It's why God invented Sundays

WORDS ZOE STRIMPEL. FOOD STYLING CAROL TENNENT. ADDITIONAL RECIPES LAURA BRUNT, DAN JONES, RAY KLERCK, TOBY WISEMAN.
*TOBY WISEMAN IS ASSOCIATE EDITOR OF *MEN'S HEALTH*. FOR MORE EASY RECIPES LOG ON TO MENSHEALTH.CO.UK

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"Sparrow grass" – a staple of peasants and royalty for centuries

Veggie

Vitamins, antioxidants, fibre... you'd die without a bit of green. Go on, it'll only take a minute

Healthy beans on toast

Throw a can of haricot or cannellini beans into a pan and add olive oil, salt, prawns (depending how veggie you are), chopped garlic and thyme leaves. Cook, stirring, until warmed through and serve on wholemeal toast.

❤●❖✳

Quinoa and feta salad

Cook quinoa according to the packet instructions. Cool in a bowl and add crumbled feta and lime juice. Scatter with mint and coriander, add a sprinkling of pine nuts and pomegranate seeds, a little olive oil, a pinch of salt and pepper.

❤●■✳

Crumpet pizza

Smear the holey side of a toasted crumpet with tomato purée. Top with mozzarella, mushrooms, oregano and maybe a couple of olives and anchovies if you have them, then place under grill until the cheese bubbles.

✤

Aubergine boats

Cut aubergine diagonally into large slices. Fry in plenty of olive oil, turning once, until tender and browned. Top with crumbled feta cheese, plenty of pepper and sliced tomatoes.

❤★●✳

Egg-fried rice

Soften chopped courgettes, mushrooms and peas in a pan with oil. Add cold leftover rice, chopped onion, garlic salt, ginger and two beaten eggs. Stir until hot and cooked through. Season with soy sauce and sesame oil.

★❖✳

White-bean stew

Tip a tin of white beans into a pan. Add dry white wine and olive oil. Add crushed garlic, red peppers, chilli flakes and chopped chorizo and heat through.

❤❖

No mayo waldorf

Toast a handful of walnuts in a pan. Chop a red apple; toss with lettuce, chopped celery, a handful of raisins and the walnuts. Whisk olive oil, white wine vinegar, Dijon mustard and shallots to dress.

✤❤★●

Tomatoey tofu

Cover tofu pieces in flour. Brown in oil; remove from pan and wipe clean. Add a little more oil, then a tablespoon of minced garlic and sizzle for 30 seconds. Add a tin of chopped tomatoes, and tomato ketchup. Cook until sauce bubbles and tofu is hot.

❤❖✳

Eggs and asparagus

Boil eggs in salted water (about six minutes), run under cold water and peel. Put some asparagus in a sieve over boiling water and cover, steaming for a couple of minutes until bright green and crunchy. Serve eggs over asparagus with ground black pepper.

❤●▲❖

Fruit salad with cheese by Giancarlo Caldesi, Caffe Caldesi, London (caffecaldesi.com)

Cut a pear, an apple, a celery stick and a piece of Parmesan into slices. Toast some pine nuts in a pan without oil for three minutes. Mix fruit, cheese and pine nuts together. Dress with honey, olive oil and lemon juice and pomegranate seeds.

★●✳

Broad bean mash

Mash boiled broad beans with the juice of two lemons, a little olive oil and lots of fresh mint.

❤●■✳

Veggie burger

Drain and pour a can of black beans into a food processor with a red onion, a couple of stale slices of bread, Tabasco and a teaspoon of cumin, and a bit of tomato salsa. Whiz, then shape into burgers. Grill and serve on buns with barbecue sauce. MH

❤★●❖✳

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The Healthiest Restaurant Awards 2010

With the economy in meltdown, restaurants all over the country are upping their game in a bid to attract your hard-earned cash. So it's the easiest it has ever been to get first-class food at an affordable price. This is our guide to the UK's healthiest restaurants

Words Rebecca Seal Photography Jasper White

When money's too tight to mention, the last thing you want to fritter it on is a greasy, bland meal that will put back your health and fitness goals. Eating out should be an opportunity to eat great-tasting nutritious food, brilliantly prepared; not to be served a meal made from dubious, additive-laden ingredients, prone to sitting on your waistline for almost as long as the bill sits on your credit card.

That's why we're proud to unveil our third annual awards for the healthiest restaurants in the UK. These are the cafés, bistros and dining rooms that our panel of experts has adjudged to be the best, not just for your palate, but for your wellbeing, too. Not so much Michelins stars – although many of our winners have already received some of the highest gastronomic awards available – as guaranteed to avoid the Michelin-man effect. ▶

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Eating out should be an opportunity to eat nutritious food, brilliantly prepared

THE MIDLANDS: PLATE, CUTLERYALESSI.COM; NAPKIN,SPOON, KNIVES, CHEESE GRATER JOHNLEWIS.COM; PASTRY BOARD, KNIVES, SALT SELLER DAVIDMELLORDESIGN.COM; BOWLS, COPPER TEA SPOON HABITAT.CO.UK; OIL DRIZZLER, SPATULA DIVERTIMENTI.CO.UK; CUP AND SAUCER BLISSHOME.CO.UK; BISCUIT CUTTER HEALS.CO.UK; WHITE PLATE, GREY BOWL, KITCHEN SPOON MUJIONLINE.CO.UK; PESTLE CONRAN.COM; STEAMING BASKET MUJIONLINE.CO.UK; WALES: WHITE BOWL, PESTLE AND MORTAR MUJIONLINE.CO.UK; BOWL HABITAT.CO.UK; TEAR DROP PLATE ALESSI.COM; BISCUIT CUTTER, BEER GLASSES HEALS.CO.UK; GARLIC CRUSHER, PIZZA CUTTER MARKSANDSPENCER.COM; ICE CREAM SCOOP, SQUARE PASTRY CUTTERS, CHEESE GRATER DIVERTIMENTI.CO.UK; BOWL AND PLATE CONRAN.COM; HERB CHOPPER BLISSHOME.CO.UK; CORK SCREW DAVIDMELLORDESIGN.COM. WEST COUNTRY: WHITE BOWL, WOODEN BOWL MUJIONLINE.CO.UK; CREAM BOWL BLISSHOME.CO.UK; COOKING UTENSILS, TIN JOHNLEWIS.COM; SPOONS, PASTRY CUTTERS WITH HANDLES MARKSANDSPENCER.COM; SAUCE PAN IKEA.COM; SPOONS WITH BLACK HANDLES, MARTINI GLASSES CONRAN.COM; CORK SCREW-DAVIDMELLORDESIGN.COM; PASTRY CUTTERS, TONGS DIVERTIMENTI.CO.UK

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The judges

Ian Marber Founder of the Food Doctor Nutrition Clinic in London (thefooddoctor.com)

Anthony Demetre Award-winning chef at Arbutus and Wild Honey in London (arbutusrestaurant.co.uk)

John Torode Food author and TV presenter. Owns Smiths of Smithfield (smithsofsmithfield.co.uk)

Atul Kochhar Michelin-starred Indian chef at Benares restaurant. (benaresrestaurant.co.uk)

Allegra McEvedy MBE Head chef and co-founder of the Leon healthy fast-food restaurants

Tristan Welch Gordon Ramsay scholarship winner and head chef at Launceston Place

Thomasina Miers Won *MasterChef* 2005 and is co-founder of the Wahaca chain of restaurants

James Walker Head chef at London restaurant Bob Bob Ricard (bobbobricard.com)

Henry Harris Head chef of French restaurant Racine and former chef-director of the Soho House group

Hideki Maeda Head chef at high-society Japanese restaurant Nobu Berkeley

Rowley Leigh Food writer for *FT* and chef-patron of Le Café Anglais (lecafeanglais.co.uk)

Andrew Turner Award-winning head chef at the Landau restaurant at the Langham Hotel in London

Joanna Blythman Award-winning investigative journalist specialising in food issues

Simon Rimmer Chef on BBC 2's *Something for the Weekend*. Co-founder of Greens in Manchester

Richard Bigg Runs the Cantaloupe Group of restaurants and bars (cantaloupegroup.co.uk)

Gujarati food is flavoursome, high in antioxidants and very nutritious

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At Greens, the spirit is willing but the flesh is nowhere to be seen

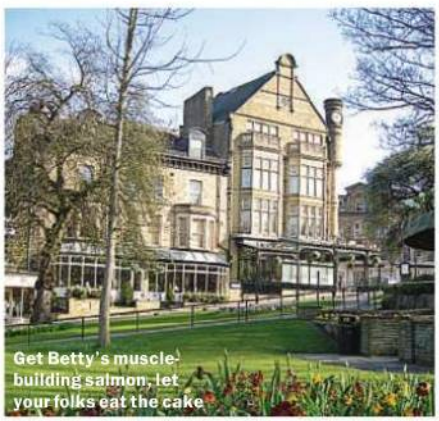
Scotland

For a variety of succulent nibbles... PINTXO, Glasgow

It is A Basque-influenced tapas bar.
Best for An early dinner along with sherry or Asturian cider before whisking her off to a gig.
The panel said "Picked for its fresh, light, fish- and vegetable-centred options, like fabada, a classic Asturian bean stew."
Have Chargrilled asparagus with manchego flakes and romesco sauce.
Because Asparagus is an excellent source of folic acid, which recent studies show helps to reduce stress.
Expect to pay Around £12 for three tapas
Dumbarton, Glasgow G11, 0141 334 8686

For an idle Sunday afternoon... THE DOGS, Edinburgh

It is A stripped-back gastro-pub, with colour provided by large canine portraits.
Best for Lazing with the papers on a Sunday.
The panel said "Low prices and lots of healthy options – top marks for the mutton broth and vegetable bakes."
Have Beetroot, roast garlic and goats cheese barley risotto.
Because Beetroot and garlic help reduce blood pressure – and substituting rice for barley in the risotto will make it incredibly filling for hours afterwards.
Expect to pay £14
Hanover St, Edinburgh EH2, 0131 220 1208



Get Betty's muscle-building salmon, let your folks eat the cake

The North

The spice is light at... ANSA'S, Leeds

It is A Carlsberg ad exec's dream, it's an Indian restaurant staffed solely by women.
Best for Gujarati food with an east African twist. Think Indian without the meat, and lighter for it.
The panel said "Gujarati food is high in antioxidants and very nutritious – it contains many of the nutrients linked with longevity."
Have Vadhu, sprouted mung beans, vaal beans and chickpeas with kadhi (yoghurt sauce).
Because The list of components to the meal even *sounds* healthy. And it smacks you round the chops with its fibrous, high-protein, fresh and cleansing effect on the body.
Expect to pay £15-£18
North St, Leeds LS2, 0113 244 4408

The best vegetarian BYO... GREENS, Manchester

It is Manchester's best meat-free establishment and always full as a result.
Best for A visit towards the end of the month – the bring-your-own-booze policy means there's no wine list to blow a hole in your pocket.
The panel said "Simple and down to earth, but an old hand at winning awards."
Have Bean, veg and brown-cap mushroom chilli with chickpea guacamole and cumin rice.
Because Without the digestion-clogging meat, this chilli is a perfect weight-shedding meal.
Expect to pay £14
Lapwing Lane, West Didsbury, Manchester M20, 0161 434 4259

Best for formal fun... LONDON CARRIAGE WORKS, Liverpool

It is Part of the Hope Hotel and tipped for a Michelin star in 2010. Ranked one of the 10 best restaurants outside London.
Best for A formal dinner or special occasion without feeling like you have to be on stifling best behaviour.
The panel said "Chef Paul Askew is one of the best fish chefs in the UK. His dishes are fresh, tasty and protein rich."
Have Smoked haddock with cheese rarebit, leeks, and barley risotto.
Because The high GI rating of the rice is offset by the omega-3-rich haddock fillet.
Expect to pay £30 for the three-course set menu
Hope St, Liverpool L1, 0151 705 222

If you want pleasant and light... BETTY'S CAFÉ TEA ROOMS, York

It is A tea room, but with far more to offer than bone china and clotted cream.
Best for Taking the folks for an afternoon out.
The panel said "Betty's does the best salads in Yorkshire, as well as sandwiches and fruity desserts – nutritious and contemporary."
Have Warm lemon chicken and herb salad and Yu Luo white tea.
Because The salad is an obvious choice, but by washing it down with white tea gives you a big dose of disease-fighting polyphenols.
Expect to pay £15
St Helen's Square, York YO1, 01904 659142

For Lebanese delicacies... ALADDIN, Manchester

It is Lebanese cooking is of the highest order.
Best for A meal that won't sit on your waistline.
The panel said "Excellent Middle Eastern food with beautiful flavours (lemon, cinnamon, chilli) that are also full of antioxidants."
Have A load of starters to share, mezze style.
Because The more antioxidant-rich spices you have, the better your disease-fighting capacity.
Expect to pay £14
Wilmslow Rd, Manchester M20, 0161 4348588 ▶

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The hottest place to romance...
KAYAL, Nottingham

It is A two-branch Keralan chain in Nottingham and Leicester whose central ethos is "using less oil, sugar, and artificial additives".
Best for Date night – reasonably priced South Indian fare and great mood lighting.
The panel said "Rich, flavoursome curry without the usual fat content."
Have Attirachi Olathiyathu – boneless lamb cubes cooked in chilli and turmeric juice.
Because Turmeric has been linked to fighting cancer, Alzheimer's and skin complaints.
Expect to pay £15-20
Broad Street, Nottingham NG1; Granby Street, Leicester LE1, kayalrestaurant.com

The coolest decor in spiceville...
LASAN, Birmingham

It is Decoratively, unlike any Indian restaurant you'll have ever been in. It's modern, to the point of being minimalist.
Best for Avoiding a blistered mouth. The emphasis is on light and aromatic flavours.
The panel said "Proof that the Midlands is *the* place to go for wholesome and tasty curries."
Have Nilgiri sea bass, pan-fried and simmered in a green herb sauce.
Because It's intensely flavoured but not heavy, and high in vitamin C from all the green herbs.
Expect to pay £15-£20
James St, St. Pauls Sq, Birmingham B3 0121 212 3664

Wales

Best for losing an afternoon in...
THE HARDWICK, Abergavenny

It is A gastropub In Abergavenny, which is the foodie heartland of south Wales.
Best for A relaxed lunch and a relaxing afternoon to follow – the food is incredible and the pub atmosphere truly convivial.
The panel said "The soups are excellent and the salad leaves here are the freshest in the UK."
Have Pan-fried Gower mullet with aubergine, pepperonatta, polenta and grilled courgettes.
Because The aubergine that accompanies the lean, protein-rich fish gives you a hearty dose of fibre, which will aid your digestion throughout the afternoon.
Expect to pay £18 *Old Raglan Road, Abergavenny, NP7, 01873 854220*

The healthiest beef in Britain...
THE FOXHUNTER, Nantyderry

It is A country pub on the Brecon Beacons.
Best for Accessibility – it's a mere half-hour drive from Cardiff, Bristol and Gloucester.
The panel said "If you steer clear of the suckling pig that's often on the menu, you can eat very healthily indeed, especially if you go on one of head chef Matt Tebbutt's food foraging trips before lunch, and eat the spoils."
Have Braised Longhorn with white onions, chilli, garlic and parsley.
Because Meat from Longhorn cattle is lower in cholesterol than other breeds of beef, which is very good news for your heart.
Expect to pay £22 for three course set menu
Nantyderry NP7, 01873 881101

Speed eating

Dining in some of the UK's less prestigious establishments? You can still eat well. Nutritionist Fiona Kirk explains how to run the fast-food gauntlet and win

MCDONALDS
Have A Big Mac
Because Gherkins are an excellent source of silica, a trace mineral that contributes to the strength of your muscles, tendons, ligaments, cartilage and bones.

SUBWAY
Have A Turkey Breast Sub on wholegrain
Because Turkey and eggs are rich sources of tryptophan, which converts in the brain to the "feel good" neurotransmitter, serotonin.

BURGER KING
Have A Whopper
Because It comes with fresh tomatoes – they're rich in vitamin C. This is a must for your adrenal glands, which produce the hormones that improve the intensity of your orgasms.

A KEBAB SHOP
Have A falafel kebab with hummus and salad
Because If you're thinking of fatherhood, chow down. Onions, pita bread, chickpeas, cabbage and lettuce all offer folic acid, which keep your sperm healthy.

South

Percy's pig is sublime. Thank Devon for local produce

The healthiest escape...
PERCY'S, Devon

It is A hotel restaurant set in a beautiful 130-acre Devonshire country estate.
Best for A weekend away from it all.
The panel said "The chef is often seen foraging about the estate gathering food. Her home-reared lamb is especially good."
Have Oven-roast loin of organic pork.
Because Eating cheap pork isn't just bad for your health, it's actually pretty cruel. Here you can check the pigs' welfare by peeking over the fence.
Expect to pay £40
Virginstow, Devon EX21, 01409 211 236

For fresh fish you can take home...
BILL'S, Brighton

It is A restaurant-come-grocery store in Brighton.
Best for A hangover-busting massive organic brunch – be it meaty or vegetarian.
The panel said "Very reasonable prices considering almost everything is seasonal."
Have Smoked mackerel with spinach.
Because Getting your fill of fatty acids feels all the more satisfying when you know the mackerel has been hooked out of the water just a few miles, and hours, hence.
Expect to pay £15
North Rd, Brighton BN1, 01273 692894

To keep the children entertained...
RIVERFORD FIELD KITCHEN, Devon

It is On a working farm which sends organic vegetable boxes all over the UK.
Best for Taking the kids. The restaurant licence means you need to accompany lunch with a farm tour or walk.
The panel said "The soups and salads all contain produce from the farm, so you can see it grown just outside the window."
Have Mussel and artichoke risotto.
Because Artichokes offer four heart-boosting nutrients: fibre, vit C, folate and magnesium, while the mussels are full of zinc.
Expect to pay £16 for two-course set menu.
Wash Barn, Buckfastleigh, Devon TQ11, 0845 600 2311

PHOTOGRAPHY (GREENS) MATT STANSFIELD. SCOTLAND: UTENSILS: BEAKER, BOWL, CHOP STICKS, CUP AND SAUCER MUJIONLINE.CO.UK; CUTLERY ALESSI.COM; PEPPER AND SALT SELLER, KNIFE DAVIDMELLORDESIGN.COM; PAN, GLASSES IKEA.COM; CROCKERY, PASTRY CUTTERS, NAPKINS, MARKSANDSPENCER.COM; STOPPER JOHNLEWIS.COM; KNIFE DIVERTIMENTI.CO.UK; WINE POURER, WINE GLASS, MARTINI GLASS, PESTLE AND MORTAR, CUTLERY CONRAN.COM; NAPKINS, SPOONS JOHNLEWIS.COM; BEAKER, GREY AND BLACK PLATES HABITAT.CO.UK. THE NORTH: CORK SCREWS, WINE GLASSES, NAPKINS, KNIVES, MEAT TENDERISER, PLATE IKEA.COM; BOWLS, SPOONS BLISSHOME.CO.UK; BOARD, PLATE CONRAN.COM; TONGS DIVERTIMENTI.CO.UK; WINE GLASS, BISCUIT CUTTER HEALS.CO.UK; STRAINER: MARKSANDSPENCER.COM; CUTLERYALESSI.COM

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Best for keeping it local... THE BISTRO, Wiltshire

It is The best restaurant in Devizes, buying in the bulk of its ingredients from local farmers.
Best for Understanding what you're eating – besides actually dining, you can take cookery courses for less than £100.
The panel said "The locally-sourced produce is great and the menu is nutritionally balanced."
Have Chickpea falafels with chilli jam
Because As well as containing molybdenum (a trace mineral that helps detoxify your body), these falafels are baked, rather than fried.
Expect to pay £18
Little Brittox, Devizes, Wiltshire, SN10, 01380 720043

For cancer-fighting lentils... THALI CAFE, Bristol

It is A fine curry balance of protein, lentils, and rice or salad. Not a biryani or naan in sight.
Best for The man in a hurry – you can be in and out in less than 35 minutes.
The panel said "Inventive – no GM or additives, and the fish is from sustainable stocks."
Have Yellow tarka daal
Because The garam masala in the tarka daal is full of disease-fighting antioxidants.
Expect to pay £6.75 for a thali platter plus beer.
York Rd, Bristol, BS3, 0117 942 668; William St, Bristol, BS3, 0117 933 2955; St Marks Rd, Bristol, BS5, 0117 951 4979

For the finest in meat-free fare... TERRE A TERRE, Brighton

It is The best vegetarian restaurant, not just in Brighton, but in the entire country, according to *The Observer* Food Awards last year.
Best for Compromise. The cooking is inventive enough for carnivores to dig it as much as true vegetarians.
The panel said "With more rosettes, gongs and garlands than you could shake a nut sausage at, this is simply the finest place to eat vegetarian fare in the UK."
Have Crispy potato rosti topped with spinach, sautéed and finished with garlic, parsley and nutmeg, topped with a soft poached egg and melted cheeses.
Because It's a nutritionally balanced lunch, containing the exact proportions of carbohydrates, low-fat protein and green vegetables you need to keep you going throughout the day.
Expect to pay £22
East St, Brighton, BN1, 01273 729051

Thali's tarka daal is full of disease-fighting antioxidants

For Med food and British beer... THE SUN INN, Essex

It is A 14th century pub where Essex meets the Mediterranean.
Best for Supplementing your nutritional graft with a few pints of Brewer's Gold.
The panel said "The menu is big on grilled vegetables and fish, olive oil and tapas."
Have Roast fillet of Cornish cod.
Because The cod may have come from the other end of the south coast, but it is still better for your health (and conscience) than eating the freighted stuff.
Expect to pay £30
High St, Dedham, Essex, CO7, 01206 323 351

The very best of bento... THE ROSEMARY, Swindon

It is A sushi restaurant in a Swindon country house hotel.
Best for A low-fat lunch *en route* to the Cotswolds.
The panel said "It may look incongruous, but it's balanced and predominantly low-fat."
Have Grilled sea eel with rice
Because It's high-quality protein rich in good fatty acids – which help cut high blood pressure and fight arthritis.
Expect to pay Bento boxes start at £25
Stanton House Hotel, Swindon, SN6 08700 841 388 ▶

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London

Bentley's oozes old-school charm

For London's freshest oysters... BENTLEY'S

It is An old-school fish restaurant owned by celebrated Irish chef Richard Corrigan.
Best for A long lunch when you don't want to come out stuffed with gut-clogging red meat.
The panel said "Visit the oyster bar for a low-price lunch that belies the high quality."
Have Fish pie and half a dozen native oysters.
Because The oysters here are sourced daily so you get a maximum dose of the zinc, found to improve your sense of taste.
Expect to pay £30-£40
Swallow Street W1, 020 7734 4756

The most authentic Mexican grub... WAHACA

Wahaca: where central America meets central London

It is Traditional Mexican street food at Mexican street prices.
Best for Unexpectedly wholesome options, like mackerel or pumpkin seeds.
The panel said "Excellent, affordable and authentic – no Tex-Mex sludge here."
Have Chicken chipotle quesadilla.
Because According to the journal *Cancer Research*, capsaicin – the stuff that makes a chilli hot – protects your body from cancer.
Expect to pay £8-£12
Chandos Place WC2, 020 7240 1883; Westfield Centre W12, 020 8749 4517

For healthy food that never fails... THE RIVER CAFE

It is Where Jamie, Hugh F-W and many others cut their teeth and a good place to sink yours.
Best for A celebration by the river, where money is no object (or someone else is paying).
The panel said "Authentic Italian produce and a simple approach with precise methods."
Have Rombo al forno – wood-roasted turbot tranche with zucchini trifolati and basil.
Because It's a very low-fat, light and tasty way to get a fix of protein.
Expect to pay £45+
Thames Wharf, Rainville Rd W6, 020 7386 4200

The greenest restaurant around... ACORN HOUSE

It is A pioneering eco-restaurant
Best for Total guilt-free eating: everything here has maximum environmental credentials.
The panel said "It has nailed issues of energy consumption and waste, but that's backed up by excellent food."
Have Three-course tasting menu.
Because What you're served has come straight out of the nearby ground, so you get optimum nutritional return.
Expect to pay £32
Swinton Street WC1, 020 7812 1842

Saf serves science, deliciously

Capsaicin – the stuff that makes a chilli hot – has been found to protect your body from cancer

The highest organic standards... THE DUKE OF CAMBRIDGE

It is A rustic old gastro-pub in north London, with organic, all-British fare. It adheres to more ethical business practices than you can shake a hand-reared pilchard at.
Best for Being sure there are no chemical pollutants in your lunch: this is the first and only gastro-pub to be certified organic by the Soil Association. That's without doubt the best guarantee you can get.
The panel said "The food here contains more nutrients, vitamins and minerals and fewer chemicals than any other pub you can think of. And the cooking is unsurpassed. Great selection of organic beer and wine, too."
Have Rack of lamb with Jersey royals
Because There's a reduced cancer risk from eating it, since you can be absolutely sure it's free from the growth hormones that leak into the food chain through less conscientiously reared meat.
Expect to pay £30
St Peter's Street, Islington N1, 020 7359 3066

For complete nutritional payback... SAF

It is A minimalist gastro-science restaurant in London's East End, but one where the cooks in white coats are always thinking about your health.
Best for Impressing a sophisticated date without having to worry about your waistline.
The panel said "Because most of the food is cooked below 48°C, if at all, it preserves almost all of its nutritional value. If this sounds a bit techie and dull, the food certainly isn't: it's full of colours, interesting textures and surprising flavours."
Have The beetroot ravioli with cashew and herb ricotta.
Because It typifies the primacy of health over culinary posturing here: this looks amazing, but is carefully put together with ingredients – the beetroot and cashews – that will lower your blood pressure.
Expect to pay £50 for seven-course tasting menu + £25 for organic wine.
Curtain Road, Shoreditch EC2, 020 7613 0007

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Farmhouse food in not so way-out-west London

A bite of Tokyo in London...
THE JAPAN CENTRE

It is A proper Japanese restaurant within a proper Japanese food hall.
Best for Having an authentic, low-fat, high-protein, Tokyo-style lunch in London.
The panel said "It does all things Japanese – take advantage of the cheap eats."
Have Bento box or Japanese curry.
Because It's a fast, fat-free way to lower your cholesterol. And it gives you an excuse to swill a bit of sake.
Expect to pay £10-£12
Piccadilly W1, 0870 162 0255

Italian food prepared on the day...
OTTOLENGHI

It is An Italian takeaway chain where all the food is prepared from scratch.
Best for A quick, fresh and filling lunch.
The panel said "Everything's handmade on the day so the food doesn't ever deteriorate before it gets to you."
Have The signature dish: meringue with fruits, but if that's too girly, try the French beans with Dijon vinaigrette, capers and garden cress.
Because You'll load up on fibre to help you digest the carbs.
Expect to pay £15-£20
Ledbury Road W11, 020 7727 1121

For Indian veg lovers...
SAGAR VEG RESTAURANT

It is Most definitely *not* a curry house – this is a dosa restaurant – fundamentally different.
Best for A far less fatty and calorific way to feed your spice cravings.
The panel said "The food is so varied in flavour you would never guess you weren't eating meat."
Have Dosas – or try the stuffed parathas.
Because The dosas are made from lentils and rice, which means you avoid the big blood sugar spikes you'd get from naan breads.
Expect to pay £15-£20
King Street W6, 020 8741 8563

Where fish meets fashion...
NOBU

It is Still the sushi joint with the most cultural cachet in London.
Best for Blood-sugar stabilising sashimi and the low-fat grilled dishes.
The panel said "There's nothing on the menu at Nobu that's not good for your physique."
Have Miso-marinated black cod
Because It's the dish on which Nobu built its reputation and incredibly light with it.
Expect to pay £60
Old Park Lane W1, 020 7447 4747

The best of the British seasons...
HEREFORD ROAD

It is Surprisingly easy on the wallet given its location in the Tory heartlands of Notting Hill.
Best for All-British fare cooked by the ex-head chef of St John Bread & Wine, Tom Pemberton.
The panel said "Seasonal British fruit and veg, interesting cuts of meat and under-appreciated fish cooked with skill and without fuss. Rustic food done extremely well."
Have Skate, salsify and black butter
Because It's not very often you get the chance to eat salsify, a root vegetable, which is a great aid to intestinal health and digestion.
Expect to pay £20-£25
Hereford Road, London W2, 020 7727 1144

The country's best curry house...
GOVINDA'S

It is An Indian in the heart of Soho with plenty of flavour but no meat on the menu.
Best for When your stomach says "curry", but your head suggests something a little classier.
The panel said "The best Indian in the UK."
Have Govinda's Special – traditional and modern Indian vegetable dishes with daal.
Because The daal provides a big kick of fibre and protein, which wil help lower cholesterol and build muscle respectively.
Expect to pay £15
Soho Street W1, 020 7437 4928 MH

Menu Health

Today's special is not looking like Mr Creosote. The Food Doctor, Ian Marber, explains how to side-step these common risks to your waistline

1 Eating little and often through the day helps control hunger so you won't arrive at the table famished. Aim to eat something small, even if it's just an apple and a few nuts, around an hour before you are due to arrive at the restaurant. If you're not starving when faced with a menu you will inevitably make better decisions.

2 Some restaurants will leave a bread basket on the table and refill it. This will increase the calorific value of the meal. Decide before you sit down whether you're going to indulge or not, and if you do, only have one roll then ask for the basket to be taken away. Also ask for oil and balsamic vinegar instead of butter.

3 If you're drinking wine, then don't have any until the first course arrives, since this will reduce the effect that alcohol can have on one's good resolve. As I am sure we all know, after a couple of glasses on an empty stomach, who cares if you have the cheeseboard followed by dessert and petit fours?

4 Speaking of dessert, I am convinced that the more sugar we eat, the more often we want it, so I don't have any and rarely miss it. If you must, split it between two or three of you, as it's the flavour you want, not the quantity. It's a great way to have a satisfying taste without all the fat and sugar.

menshealth.co.uk/nutrition

SET STYLISTS HANNAH WOOD, LAURA FULMINE. SET STYLISTS' ASSISTANTS CHLOE BELL, ALEX KELLY. THE SOUTH: OVAL PLATE, SMALL CUPS, CONDIMENT SET, SMALL WHITE BOWL, TEAR DROP SHAPED PLATE, SPOONS ALL ALESSI.COM; MEASURING CUPS, SILVER SALT GRINDER, JOHNLEWIS.COM; SAUCE PAN IITTALA.COM; WHITE PLATES AND BOWLS, GREY PLATE, BOWLS WITH TERRACOTTA EDGE, COPPER COLOURED CUTLERY, WHITE JUG ALL HABITAT.CO.UK; WINE GLASSES, SALT AND PEPPER SHAKER HEALS.CO.UK; SQUARE PLATE, WHITE BOWL, GREY BOWL MUJIONLINE.CO.UK; SALT AND PEPPER GRINDER MARKSANDSPENCER.COM; DINNER PLATE WITH TERRACOTTA EDGE HABITAT.CO.UK; WHITE PLATES, COFFEE POT- CONRAN.COM; SQUARE PASTRY CUTTERS DIVERTIMENTI.CO.UK; BLACK CUP, OVAL SHAPED CREAM BOWL BLISSHOME.CO.UK

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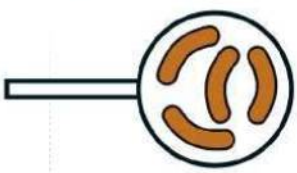
THE GREAT CHEF'S CHEAT SHEET

The best culinary minds know that simple, secret touches make for magical meals. We've enlisted some of the UK's finest chefs and food writers to divulge kitchen tips and tricks for gourmet cooking with minimal effort



NEVER OVERCROWD YOUR FRYING PAN

Overloading causes a pan's temperature to plummet and foods end up steaming rather than caramelising.

TOO MUCH SALT?

Use a splash of vinegar to provide a counterbalancing punch of acid and sweetness.

COOK CAULIFLOWER IN MILK

This way you'll prevent it from discolouring – cooking in water turns it grey. This works with other white veg, too.

Konrad Inghelram, head chef at Quaglino's (quaglinos.co.uk)

DON'T STORE TOMATOES IN THE FRIDGE

Or peaches, or onions, or garlic. The cold compromises their flavour and texture. Put them in a cool, dry cupboard instead.

COLD WATER WILL REJUVENATE LIMP VEGETABLES

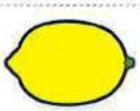
Plants wilt due to water loss but a dousing in icy water penetrates the membranes and restores crispness.

PAT MEAT AND FISH DRY BEFORE COOKING

Surface moisture creates steam when it hits a hot pan or grill, meaning the protein sweats rather than browns. And who likes soggy protein?

NUKE YOUR CITRUS FRUITS

Zap them for 15 seconds in the microwave before squeezing and they'll yield twice as much juice.



RUB YOUR HANDS WITH LEMON AFTER HANDLING FISH

It will eradicate the smell better than any detergent.

Michael Bremner, head chef at Due South (duesouth.co.uk)

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IF YOU'VE OVERDONE THE CHILLI, ADD YOGHURT

The heat of a curry is often trial and error, but there's no need to suffer if you overdo the chilli. If the end result is too spicy a couple of tablespoons of natural yoghurt will cool the dish down.

Atul Kochhar, chef patron of Benares (benaresrestaurant.com)

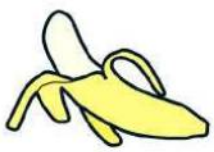
NEVER THROW AWAY OLD VEG

Instead, use this formula: one part onion, one part potato, four parts any other ailing vegetables and enough stock to cover. It's a foolproof soup recipe for just about any veg. *Andrew Maxwell. MD of Tante Marie school of cookery (tantemarie.co.uk)*

SOAK DRIED BEANS AND LENTILS IN SPARKLING WATER BEFORE COOKING

This will soften the skins and open up the pores far better than tap water to allow more even cooking and minimal splitting.

Matt Gillan, The Pass, South Lodge Hotel (southlodgehotel.co.uk)



BANANAS SOFTEN AVOCADOS

If avocados are too hard, place them in a bag with some bananas – they emit ethylene gas which speeds the ripening process.

Mark Poynton, head chef at Alimentum (restaurantalimentum.co.uk)

NEVER DRAIN SPAGHETTI IN A COLANDER

Instead, lift it out of the pan with tongs and add to your sauce with splashes of the cooking water. The starch in it helps the sauce adhere to the pasta and makes for a creamier, smoother dish.

Taken from The Silver Spoon: Pasta *(Phaidon)*

DO YOUR WEEKLY SHOP ON A WEDNESDAY

Just 11% of people shop for food midweek and only 4% shop after 9pm, meaning that's the time you'll have the pick of the bunch.

PUT STEAKS, CHOPS AND FILLETS IN A SEALABLE PLASTIC BAG BEFORE COOKING...

...and immerse them in tepid water for 30 minutes. Raising meat's temperature makes it easier to cook evenly.

RESTING *MEANS* RESTING

If you slice into meat as soon as you finish cooking it, precious juices, still circulating with residual heat, will be lost. For tender, flavoursome meat, leave as follows: grilled chicken breast (5 minutes), steaks (8 minutes), roasting joints (15-20 minutes).

RISOTTO TAKES EXACTLY 18 MINUTES TO COOK

No more, no less. On a light boil, with constant stirring, 18 minutes cooking will always give risotto the perfect bite and texture. MH

Tristan Welch, head chef of Launceston Place (launcestonplace-restaurant.co.uk)

ILLUSTRATION KEREM

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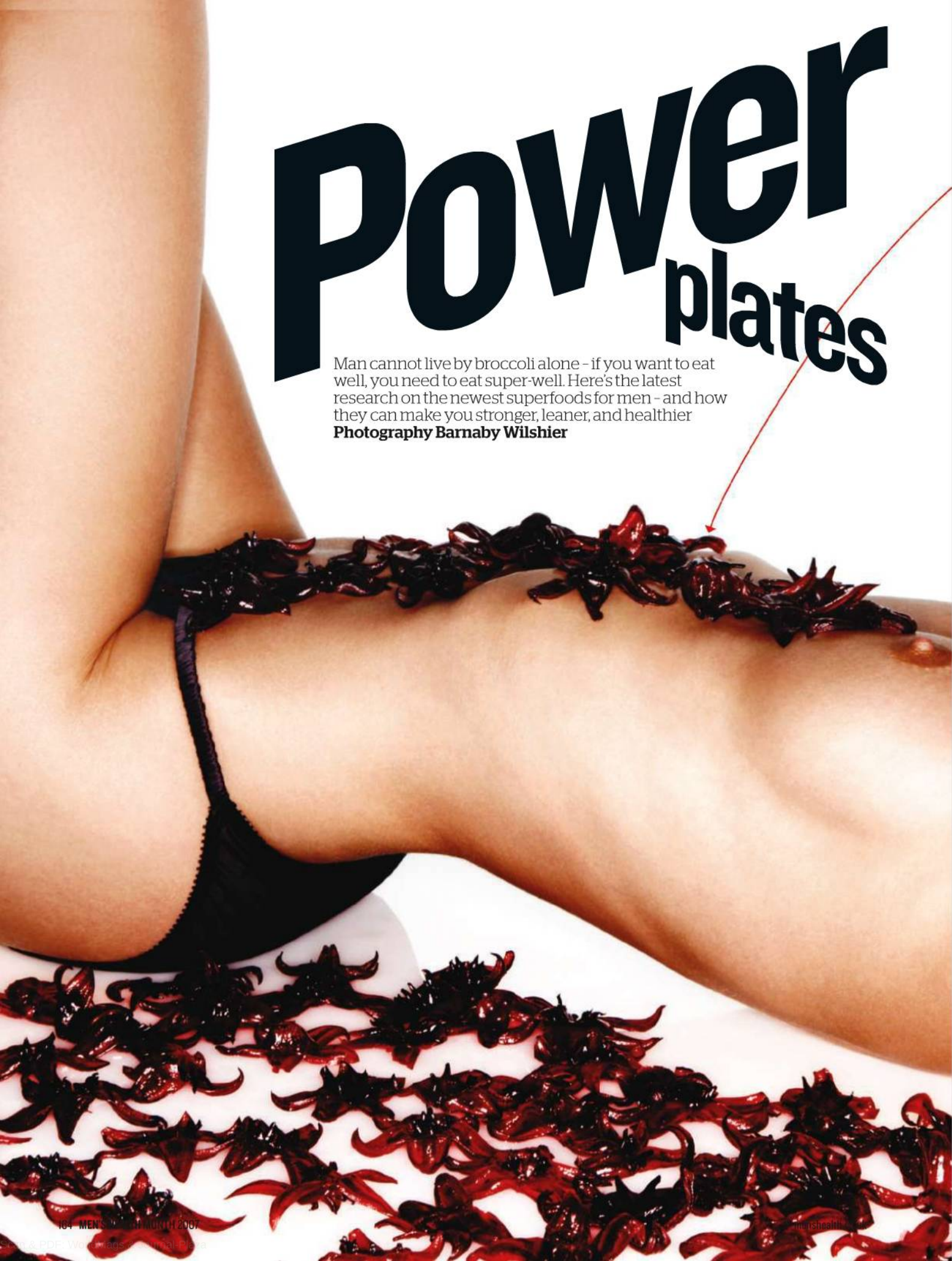
Power plates

Man cannot live by broccoli alone – if you want to eat well, you need to eat super-well. Here's the latest research on the newest superfoods for men – and how they can make you stronger, leaner, and healthier

Photography Barnaby Wilshier



Much as the Chinese name their years after animals, we in the West might consider naming our years after superfoods. We could say 2007 was the year of the blueberry; or 2008 the year of the pomegranate.

In 2009 the superfoods will keep on coming. Is it the year of coconut oil? Or the aronia berry? Each has its advocate. (One friend in the superfood profession even assured us it was the year of the pig's trotter.)

In the honourable name of keeping your nutrition as cutting-edge as it can be, we've collected the leading candidates for superfood of the year, right here. These are the best new superfoods for men. Oh, and since it's a bit gloomy right now, we decided it would be nicer for everyone if we served it up in style. With apologies to Page 3 of *The Sun*, we're calling this "health in briefs". Go feast.

HELLO PETAL

What is it? Hibiscus flowers
Best for? Bringing down your blood pressure
Get it at lakeland.co.uk

The science Hibiscus extract contains much of the same good stuff as red wine, including flavonoids, polyphenols, and anthocyanins. The journal *Food and Chemical Toxicology* found these fight cancer-causing free radicals, which also prevent your body from clearing out LDL or "bad" cholesterol. A healthy heart and less risk of strokes or kidney failure follow.

How can I use it? Make tea by infusing them in hot water. Three cups a day can reduce blood pressure by 7.2%, found the University of Boston.

Price comparison £7 for 11 flowers is a mere third of the cost of a month's supply of anti-cholesterol statins. ▶

And you'll have leftovers to sprinkle wherever you want

BRIEFS BY MYLA.COM. HIBISCUS FLOWERS COURTESY OF LAKELAND.CO.UK

Five a day? Some prefer four a second

Spear factor

What is it? Purple asparagus
Best for? Dodging diabetes
Get it at capitalgardens.co.uk

The science Clever men in white coats at the *British Journal of Nutrition* found eating purple asparagus significantly increases the action of insulin, combating any excess blood sugar and, in the long term, helping prevent the onset of diabetes. It will also help protect you against heart attacks and strokes, by loading you up with folate, which reduces levels of homocysteine in your blood. (That's a good thing, since too much homocysteine puts you in big danger of cardiovascular disease.)
How can I use it? Steam at least five spears a day and have them with your evening meal. The steaming is vital to ensure it retains the phytonutrients that pack it with antioxidants, in particular the cancer-fighter quercetin.
Price comparison Purple asparagus costs £1.60 for two crowns. A packet of cinnamon capsules – the naturopath's diabetes solution – costs around £11 for 100 capsules.

PURPLE RIBBON NECKLACE BY WEAR AND TEAR, KABIRI.CO.UK. ASPARAGUS COURTESY OF SELFRIDGES.COM

Purple asparagus helps prevent the onset of diabetes

Berried alive

What is it? Dried aronia berries
Best for? Your digestive system
Get it at hollandandbarrett.com

The science The latest tiny fruit to take up where its blue brother left off is the aronia berry. A handful a day of this highly antioxidant berry was found by the Fuji Women's University to have a "gastro-protective" effect, which means it's a great natural treatment for severe stomach problems, including ulcers. What's more, according to preliminary work at Maryland University, aronia berries could even guard against colon cancer. Furthermore, the "chokeberry", as it's often called (it's disgustingly sharp when raw) contains a high concentration of anthocyanins, which inhibit the development of blood clots – reducing the risk of heart attacks and strokes.

How can I use it? Make it into jam and stick it on your morning toast. Or, if you'd rather save yourself the hassle, add the dried variety to your porridge

Price comparison Aronia berries weigh in at £3 per 100g. Aloe vera juice (last year's superfood) costs between £6 and £10 a bottle, so with aronia, your digestive system is getting the same benefit for 50% of the outlay. ▶

Apply liberally for maximum effect/stimulation

BLACK BRIEFS BY DAMARIS.CO.UK. DRIED ARONIA BERRIES COURTESY OF HOLLANDANDBARRETT.COM

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Tropic wonder

What is it? Coconut oil
Best for? Fat-burning
Get it at hollandandbarrett.com

The science The *Journal of Nutrition* found regular consumption will raise your metabolism, give you a higher rate of calorie-burning, reduce body fat mass and cut down overall bodyweight. For this, you can thank medium-chain triglycerides contained in the oil, which are absorbed directly by your liver. Your body uses them for fuel in a similar way to carbs, rather than fat. Get coconut oil down you if you're doing endurance exercise – it'll give you energy, but because it's low in cholesterol it won't make a mess of your heart.

How can I use it? Take a tablespoon per day, Mary Poppins style.

Price comparison Get a bottle of pure coconut oil for £10 – a capsule metabolism booster such as Maximuscle Thermobol costs £15 for a 30-day supply.

Beach-ready superfood begets beach-ready body

It'll give you energy but won't make a mess of your heart

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Good news for you, bad news for Bugs

MODEL NIKKALA AT GIRL MANAGEMENT. HAIR AND MAKE-UP EMMA TURLE AT JOY GOODMAN USING BOBBI BROWN MAKE-UP AND PAUL MITCHELL HAIR CARE. STYLIST BELINDA REYNOLDS. DIGITAL IMAGING BY DARKROOM DIGITAL LTD. BRIEFS BY MYLA.COM. COCONUT OIL COURTESY OF HOLLANDANDBARRETT.COM. BLACK BRIEFS BY DAMARIS.CO.UK. SHOES BY KURTGEIGER.COM. BANGLE BY ANGIE-GOODERHAM. CO.UK. RABBIT COURTESY OF THEBLACKPIG.NET.

Rabbit punch

What is it? Rabbit meat
Best for? Building muscle and protecting your heart
Get it at farmersmarket.co.uk

The science If you want to lose weight, feed your muscles, and protect your health then the meat you need with your two veg isn't chicken or beef, but rabbit. The US Department of Agriculture claims that rabbit meat is the most nutritious flesh known to man. It contains just 360kcals per kilogram, and has a similar fat content to that of chicken and turkey. Not wanting to disappoint, the fluffy buggers also win the race in terms of having the highest protein percentage, least unsaturated fat (63% of total fatty acids) and far less cholesterol. Touch luck "Flopsy".

How can I use it? Stewing it will keep it tender, and it's more likely you can slip it past the kids without them crying about the empty hutch.

Price comparison A whole rabbit is approx £3 – whereas four free-range chicken breasts, with less nutritional value, can cost twice that. MH

100 BEST FOODS FOR MEN

When you fork out for food, only the finest should grace your plate. Make your basket healthier and tastier with our list of the best foods for mankind

IN making this list, our aim was simple: to find the items on the UK's shelves worthy of being put in your mouth. Our first consideration was nutritional content: only products with the least calories, fat and additives made it into the *MH* trolley. But just as important were foods with the right arsenal, so those with the most vitamins, minerals and natural ingredients went in as well. And finally, there was flavour. Food shouldn't *always* be fuel, and occasionally the debt of superb taste is one worth working off. With all that on our plate, we enlisted the UK's leading gastronomes, with eight lifetimes of combined culinary knowledge stocking your cupboards with more nutritional profit, less dietary negatives and the fullest of flavours. Your best ever weekly shop is on these pages…

BREADS & GRAINS

By Jason Atherton, executive chef at Maze/Maze Grill (gordonramsay.com)

Waitrose Fruit and Nut Muesli £1.36 for 500g waitrose.com

Packed full of oats, juicy raisins and nuts and crunch fresh.

371kcal, 58.4g carbs, 8.9g protein, 3.7g sat fat

Dorset Cereals Toasted Spelt Flakes £2.90 for 800g tesco.com

Quality ingredients plus spelt is an excellent source of minerals.

371kcal, 57.9g carbs, 9.5g protein, 2.6g sat fat

Quaker Porridge Oats £1.00 for 1kg asda.com

It's what they are famous for, after all.

356kcal, 60g carbs, 11g protein, 1.5g sat fat

Sainsbury's Organic Ciabatta £1.39 for 270g sainsburys.com

Very fresh and doughy. I always use it for a bacon sandwich.

265kcal, 42.7g carbs, 5g protein, 0.6g sat fat

Sainsbury's Artisan Inspired Kalamata Olive Bread £1.59 for 400g sainsburys.com

Fewer additives and packed with olives.

120kcal, 20g carbs, 4g protein, 0.3g sat fat

Sainsbury's Buckwheat & Seed Bloomer £1.59 for 400g

Buckwheat's a gluten-free alternative to grains.

160kcal, 27g carbs, 6g protein, 0g sat fat

Rankin Irish Brown Soda Bread £0.80 for 400g asda.com

A hefty dose of complex carbs makes it a brilliant fuel to start your day.

208kcal, 36.4g carbs, 8.8g protein, 0.5g sat fat

The Food Doctor Bran and Seed Bagels £1.29 for 4 waitrose.com

Half the sugar and salt of other brands.

220kcal, 43.2g carbs, 10.6g protein, 0.5g sat fat

Waitrose Fresh White Picnic Pitta Breads 63p for 8 waitrose.com

No other branded pittas compare.

249kcal, 49.3g carbs, 10.3g protein, 0.3g sat fat

Discovery Soft Flour Tortillas £1.00 for 8 tesco.com

The cost:flavour ratio is unbeatable.

298kcal, 50.8g carbs, 7.5g protein, 3.6g sat fat

COOKING SAUCES

By Andrew McCleish of Chapter One (chaptersrestaurants.com)

The Curry Sauce Company Hot Madras Curry Sauce £25.90 for pack of 6x475g currysauce.com

Using only natural ingredients reduces the presence of sat fat.

131kcal, 12.2g carbs, 2.3g protein, 0.6g sat fat

The Curry Sauce Company Mild Pasanda Curry Sauce £25.90 for pack of 6x475g

Very few additives.

120kcal, 12.2g carbs, 3.2g protein, 2.5g sat fat

Waitrose Sweet and Sour Stir Fry Sauce 78p for 100g waitrose.com

Plenty of authentic taste.

187kcal, 35.6g carbs, 1.2g protein, 0.4g sat fat

Loyd Grossman Tomato & Basil Pasta Sauce £2.19 for 660g sainsburys.com

Lots of tomatoes means lots of nutrients.

90kcal, 7.9g carbs, 1.7g protein, 0.7g sat fat

Loyd Grossman Carbonara with Pancetta £1.79 for 340g sainsburys.com

A high protein count for a sauce so comforting.

130kcal, 8g carbs, 3.6g protein, 5.8g sat fat

Knorr Chicken Stock Cubes £1.20 for 8 x10g sainsburys.com

The king of stock cubes. Perfect for soups.

7kcal, 0.3g carbs, 0.2g protein, 0.3g sat fat

ALL NUTRITIONAL VALUES ARE APPROXIMATED PER 100G. PRICES ARE CORRECT AT THE TIME OF GOING TO PRESS. PHOTOGRAPHY STUDIO 33

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CHILLER

By Lee Bennett, head chef at Le Pont de La Tour (lepontdelatour.co.uk)

Sainsbury's 1% Milk £1 for 4 pints sainsburys.com

The taste of semi-skimmed but only 1% fat.

40kcal, 4.6g carbs, 3.1g protein, 0.6g sat fat

Alpro Soya £1.65 for 1 litre waitrose.com

Perfect if you're trying to cut down on dairy throughout the day. Fine in tea, too.

108kcal, 7.3g carbs, 8.3g protein, 0.8g sat fat

Asda Salted Butter £0.79 for 250g Asda

Use it when cooking to reduce your overall use of salt.

74kcal, 0.1g carbs, 0.1g protein, 5.4g sat fat

Bertolli Olivio Spread £1.49 for 500g Tesco.com

Spreads properly on fresh or toasted bread.

54kcal, 0.1g carbs, trace protein, 1.4g sat fat

Montgomery Cheddar £10.55 for 500g thecheeseshed.com

The king of cheddars, strong and fruity. What more do you want?

406kcal, 0.1g carbs, 25g protein, 21.7g sat fat

Philadelphia Original Soft Cream Cheese £1.83 for 300g Tesco.com

Extremely smooth, a simple classic.

74kcal, 0.9g carbs, 1.7g protein, 4.1g sat fat

Babybel Original soft cheese £1.57 sainsburys.com

Easier than cutting up a big block.

304kcal, 0.2g carbs, 22.5g protein, 17g sat fat

Rachel's Organic Fat Free Natural Yoghurt £1.45 for 500g tesco.com

A nice alternative to have with your cereal.

61kcal, 6.2g carbs, 4.7g protein, 1.3g sat fat

Activia Bio Yogurt £1.58 for 4x125g sainsburys.com

Aids digestion and tastes good to boot.

119kcal, 16g carbs, 4.6g protein, 2.5g sat fat

Sainsbury's Wafer Thin Honey Roast Ham £0.75 for 70g, Sainsburys.co.uk

I would have this over absolutely any other.

39kcal, 1.1g carbs, 6.5g protein, 0.4g sat fat

Sainsbury's roast turkey slices £1.62 for 130g sainsburys.com

Good for a convenient, high-protein, low-fat lunch.

111kcal, 3.2g carbs, 10.7g protein, 1.0g sat fat

Musks Newmarket Pork and Leek Sausages £3.30 for 384g pack musks.com

Musk's original recipe pork and leek sausages have a high pork content and make fantastic butties.

262kcal, 6g carbs, 15.3g protein, 4.2g sat fat

Clarence Court Old Cotswold Free Range Eggs £1.99 for 6 waitrose.com

Eggs from rare breeds that taste good.

82kcal, 0.0g carbs, 6.7g protein, 5.6g sat fat

Lishman's Gold Medal Yorkshire Back Bacon £23 for 8 x 200g lishmansonline.com

The best I've ever tasted.

90kcal, 1g carbs, 15g protein, 1g sat fat

DELI

By Jamie Oliver (*Jamie's America* by Jamie Oliver £26)

Levoni Cured Parma Ham £3.20 per 100g melburyandappleton.co.uk

We use Levoni for all the Jamie's Italians.

229kcal, 28g protein, 13g fat, 6g sat fat

Brindisa Spanish Chorizo £3.95 per 200g Brindisa

The Borough Market original is the best.

255kcal, 1.86g carbs, 24.1g protein, 8.4g sat fat

Levoni Finnochiona Salami £2.10 per 10g melburyandappleton.co.uk

Levoni again. It's as good as you can get.

407kcal, 1.6g carbs, 23g protein, 12.9g sat fat

Sainsbury's Basics Hummus £0.75 for 200g sainsburys.com

It might be easy to make but at 75p just buy it in.

292kcal, 9.1g carbs, 5.7g protein, 6.3g fibre, 2.6g sat fat

FROZEN FOODS

By Agnar Sverrisson at Texture (texture-restaurant.co.uk)

Birds Eye Cod Fillet Fish Fingers £1.99 for x 10 280g sainsburys.com

They use 100% cod – my family are big fans.

184kcal, 15.6g carbs, 12.5g protein, 1.2g sat fat

Waitrose Icelandic Prawns £1.98 for 100g waitrose.com

If you have to buy frozen Waitrose is the best.

107kcal, carbs N/A, 22.6g protein, 0.4g sat fat

Birds Eye Petit Pois £2.03 for 700g waitrose.com

Even frozen, Birds Eye petit pois retain most of their nutrients.

62kcal, 8.7g carbs, 5.5g protein, 0.1g sat fat

McDougalls Steak & Peppered Sauce Pie £2.45 for 2x200g waitrose.com

Filling, but not overly fattening.

307kcal, 23.2g carbs, 8.1g protein, 10.3g sat fat

Haagen Dazs Baileys Ice Cream £3.99 for 500ml sainsburys.com

Worlds apart from its competitors.

255kcal, 19.1g carbs, 3.8g protein, 14.7g fat

McCain Oven Chips £1.56 for 907g sainsburys.com

Actually taste like potatoes, have plenty more complex carbohydrates than fries and retain a good bite.

138kcal, 26.2g carbs, 2.5g protein, 0.6g sat fat

Eazycuizine Florentine Fish Pie £2.99 for 400g waitrose.com

The most flavoursome frozen fish pie around.

586kcal, 29.8g carbs, 16.9g sat fat

Dr. Oetker Ristorante Hawaii Pizza £2.59 for 355g sainsburys.com

This is the healthiest topping, boring margheritas aside.

770kcal, 88.6g carbs, 30.5g protein, 9.2g sat fat

Waitrose Crispy Crumb Chicken Breast Fillets £2.48 for 225g waitrose.com

Quality lean chicken.

190kcal, 9.6g carbs, 17.7g protein, 1.4g sat fat ▶

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TINS & JARS

By Thomasina Miers, co-owner of Wahaca Restaurants (wahaca.co.uk)

Sainsbury's Basics Red Kidney Beans in Water £0.19 for 420g sainsburys.com

A simple way to add fibre to your meals.

93kcal, 6.9g protein, 6.2g fibre, 0.1g sat fat

Heinz Baked Beans £0.64 for 415g asda.com

Beans means Heinz - need I say more?

72kcal, 12.9g carbs, 4.6g protein, trace sat fat

Napolina Peeled Plum Tomatoes £0.98 for 400g asda.com

Always buy plum tomatoes, not chopped. Drain the juice away and they're almost the real thing.

23kcal, 3.5g carbs, 1.2g protein, 0.5g sat fat

Waitrose Essential Butter Beans in Water £0.40 for 420g waitrose.com

Low-GI, so their carbs are released steadily.

93kcal, 15.0g carbs, 7.2g protein, 0.2g sat fat

El Navarrico Chickpeas £2.99 for 660g melburyandappleton.co.uk

Great bite and flavour.

109kcal, 15.5g carbs, 6.6g protein, 0.4g sat fat

Heinz Spaghetti Hoops in Tomato Sauce £0.43 for 400g ocado.com

A serving of spag hoops can give you one of your five a day.

52kcal, 10.9g carbs, 1.6g protein, trace sat fat

Fish 4 Ever Tuna Fillet in Cold Pressed Sunflower Oil £2.64 for 120g asda.com

Beats John West hands down.

326 kcal, 24.5g protein, sat fat n/a

Fish 4 Ever Sardines in Organic Oil £1.58 for 100g Morrisons

Rich in heart-helping coenzyme Q10.

180kcal, 23g protein, 2g sat fat

Tesco Mackerel Fillets in Sunflower Oil £0.68 for 125g tesco.com

Makes a great change from tuna and contains loads of omega-3 fats.

266kcal, 19.7g carbs, 4.8g sat fat

Fish 4 Ever Organic Anchovies £3.34 for 95g asda.com

The perfect high-protein pizza topping.

185kcal, 23.7g protein, 2.1g sat fat

Heinz Organic Cream of Tomato Soup £0.63 per 400g ocado.com

Heinz again. Nobody does tomato soup better.

57kcal, 6.6g carbs, 0.9g protein, 0.2g sat fat

New Covent Garden Chicken Soup £1.95 for 600g sainsburys.com

This has actual chunks of chicken, giving you more taste and protein.

94kcal, 6.6g carbs, 3.7g protein, 2.6g sat fat

Sainsbury's Kalamata Olives £2.19 for 240g sainsburys.com

No additives, no contest.

230kcal, 1.9g carbs, 1.3g protein,2.7g sat fat

Sainsbury's Pickled Gherkins £0.75 for 340g sainsburys.com

I love these for their piquancy.

17kcal, 2.5g carbs, 1.5g protein, 1g fibre, 0.1g sat fat

Tesco's Traditional Pickled Onions £1.39 for 710g tesco.com

Bringing the pickled art form back to basics.

32kcal, 6.8g carbs, 0.7g protein, sat fat N/A

Sainsbury's Marinated Sun Dried Peppers in Olive Oil £3.75 for 290g sainsburys.com

No additives at all.

142kcal, 7.2g carbs, 4g protein, 1.1g fibre, 1.6g sat fat

Waitrose Cook's Ingredient Jalapeño Peppers £1.38 for 220g waitrose.com

The easiest way to spice up dishes for fat-loss.

12kcal, 3.0g carbs, trace protein, trace sat fat

Sun Pat Smooth Peanut Butter £1.57 for 227g sainsburys.com

I grew up on Sun-Pat so why change now?

581kcal, 10.1g carbs, 24g protein, 8g fibre, 9.9g sat fat

Kitchen Garden Preserves Raspberry Jam £3.60 for 330g kitchengarden preserves.co.uk

Super high fruit content.

66g carbs, 60% fruit, sat fat N/A

Sainsbury's Basics Honey £0.68 for 300g sainsburys.com

Local honey is great but this is a steal.

340kcal, 84.7g carbs, 0.1g protein, 0.3g fibre, 0.1g sat fat

Marmite £1.20 for 125g ocado.com

Marmite, of course. The Katie Price of spreads.

231kcal, 19.2g carbs, 38.4g protein, 3.1g fibre, trace sat fat

CONDIMENTS

By Jean Baptiste, head chef at Kinnaird Estate (kinnairdestate.com)

Nudo Extra Virgin Italian Cold Pressed Olive Oil £2.48 for 500ml sainsburys.com

A really smooth and subtle oil for the money.

823kcal, 0.0g carbs, trace protein, 13.1g sat fat

Farringtons Mellow Yellow Rapeseed oil £4.75 for 500ml oils.co.uk

Less fat than olive oil and full of omega-3s.

817kcal, 1.0g carbs, 0.6g protein, 6.4g sat fat

Heinz Organic Ketchup £2.98 for 580g sainsburys.com

There is simply nothing better to accompany my breakfast.

126kcal, 28.9 carbs, 1.5g protein, 0.1g sat fat

Hellman's Light Mayonnaise £2.99 for 800g sainsburys.com

The low- fat option is just as tasty.

298kcal, 6.5g carbs, 0.7g protein, 2.7g sat fat

HP Sauce £1.54 for 425g ocado.com

Breakfast, lunch or dinner. Just add sausage rolls.

119kcal, 27.1 carbs, 1.1g protein, sat fat N/A

Colman's Mustard 65p for 100g asda.com

Makes a fantastically tangy cheese-on-toast, or spice-up a pork pie.

188kcal, 19.0g carbs, 7.0g protein, 0.6g sat fat

Colman's Wholegrain Mustard £0.84 for 150ml tesco.com

Hotdog heaven.

154kcal, 8.9g carbs, 8.8g protein, 3.4g fibre, 0.5g sat fat

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Jalapeño Hot Sauce £2.75 for 60ml southdevonchillifarm.co.uk

This jalapeño sauce is the hottest I've ever tasted. It's grown and bottled in South Devon, so no unethical air miles.

12kcal, 0.8g carbs, 1.29g protein, trace sat fat

Crazy Uncle Jester's Brush Fire BBQ £3.30 for 473ml crazyunclejesters.com

Very, very hot.

61.5kcal, 13.9g carbs, 1.25g protein, 0.41g sat fat

Thai Sweet Chilli Sauce £3.30 for 140ml, southdevonchillifarm.co.uk

No artificial sweetness, just great taste.

212kcal, 51g carbs, 0.5g protein, 0g sat fat

Kikkoman Soy Sauce £2.39 for 250ml waitrose.com

The best soy replaces salt extremely well in all Asian-inspired food.

10kcal, 0.0g carbs, 2g protein, 0g sat fat

Blue Elephant Fish Sauce £1.99 for 200ml waitrose.com

The most authentic ingredient for great Thai curries and marinades.

9kcal, 14.9g carbs, 3.2g protein, sat fat N/A

Himalayan Pink Salt £9.95 for 1kg detoxyourworld.com

A great alternative to Maldon Sea Salt.

0kcal, 0g carbs, 0g protein, sat fat N/A

Sainsbury's Organic Balsamic Vinegar £1.99 for 250ml sainsburys.com

Rich, sweet and lots of antioxidants.

111kcal, 26.3g carbs, 1.4g protein, sat fat N/A

Valdespino Sherry Vinegar £5.75 for 250ml bottle melburyandappleton.co.uk

Smacks of quality.

28kcal, 0.2g carbs, 0.15g protein, sat fat N/A

Sainsbury's Classic French Vinaigrette Salad Dressing 70p for 225g, sainsburys.com

Cheap but brilliant.

268kcal, 7.2g carbs, 0.5g protein, 2.0g sat fat

Tracklements Tomato & Onion Chutney £3.10 for 300g tracklements.co.uk

Flavour is unbeatable.

103kcal, 34.7g carbs, 1g protein, 1.7g fibre, sat fat N/A

SNACKS & DRINKS

By Stuart Gillies, executive chef at Boxwood Café (gordonramsay.com)

Nairns Rough Oatmeal 89p for 300g sainsburys.com

Lower in salt and with a perfectly gritty texture.

429kcal, 57.1g carbs, 10.4g protein, 3.5g sat fat

Kallo Organic Thick Slice Rice Cakes 93p for 130g tesco.com

Keep them in your desk drawer to top up your energy during the day.

372kcal, 78.7g carbs, 8.0g protein, 0.6g sat fat

McVitie's Chocolate Hobnobs £1.10 for 300g waitrose.com

So very tasty. Just try not to get addicted.

479kcal, 60.7g carbs, 6.8g protein, 11.3g sat fat

Kettle Chips Sea Salt with Black Peppercorns 53p for 40g waitrose.com

Taste like real potatoes and have real crunch.

476kcal, 56.8g carbs, 5.9g protein, 2.6g sat fat

Eat Natural Fruit and Nut Bar with Brazils, Sultanas, Almonds & Hazelnuts £1.95 for 3x50g sainsburys.com

Healthy, tasty, simple.

488kcal, 42.9 carbs, 10.2g protein, 9.1g sat fat

Original Beef Jerky £2.80 for 50g britishbeefjerky.co.uk

Contain a modest dose of protein to snack on.

274kcal, 6g carbs, 63g protein, 1.8g fat, trace sat fat

Waitrose Natural Roasted Cashew Nuts £1.38 per 100g waitrose.com

Rich in magnesium, good for your heart.

597kcal, 27g carbs, 20.8g protein, 10g sat fat

Volvic 58p for 1.5 litre sainsburys.com

Higher sodium levels make it ideal for replacing what you lose during exercise.

7kcal, 1.5g carbs, 0.0g protein, 0.0g sat fat

Volvic Touch of Fruit Lemon & Lime 90p for 1.5 litre sainsburys.com

More sugar, but good for post-run refreshment when you need it.

24kcal, 5.5g carbs, 0.0g protein, 0.0g sat fat

Robinsons Lemon Barley Water £1.44 for 1 litre tesco.com

The classic British cordial.

96kcal, 22.0g carbs, 0.3g protein, trace sat fat

Copella English Apple Juice £1.90 for 1 litre ocado.com

Bottled straight after pressing for max taste.

94kcal, 11.9g carbs, 0g protein, 0g sat fat

Tropicana with bits £1.79 for 1 litre sainsburys.com

The original and best. No concentrate, no additives.

43kcal, 9.0g carbs, 0.7g protein, 0.0g sat fat

Black Sheep Ale £1.47 for 500ml asda.com

A rich and smooth flavour make this a beer to be savoured.

153kcal, 12.6g carbs, 1.6g protein, 0.0g sat fat

Guigal Cote de Rhone £8.54 bottle 75cl waitrosewine.com

It's extremely light, so a good one to drink without food.

83kcal

Villa Maria Private Bin Riesling 2007 Marlborough, New Zealand £7.59 bottle 75cl waitrosewine.com

Fresher and zingier than any Pinot Grigio.

90kcal

Twinings Pure Green Tea Bags £2.29 for 50 waitrose.com

A clean-tasting tea that refreshes and stimulates.

65kcal, 17.5g carbs, 0.0g protein, 0.0g sat fat

Waitrose English Breakfast Tea Bags £1.39 for 50 waitrose.com

Perfect morning cuppa with more complexity than PG Tips.

0kcal, 1.1g carbs

Lucozade Sport Orange £1.19p for 750ml sainsburys.com

Because I always had the one in a can as a child.

28kcal, 6.4g carbs, trace protein, sat fat N/A

Waitrose Sumatra Mandheling Coffee £1.22 per 100g waitrose.com

When you need more of a punch than a prod.

10kcal, 1.0g carbs MH

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THE REMAINS OF THE DAY

AS EVERY WILY COOK WELL KNOWS, THE END OF A GOOD MEAL IS JUST THE START OF A NEW ONE. TEMPER THE SEASON'S INDULGENCES WITH SOME CULINARY ALCHEMY AND MASTER THESE TASTY, THRIFTY RECIPES FOR LEFTOVERS FROM THE UK'S BEST CHEFS

PHOTOGRAPHY ROB WHITE

BUCK RAREBIT (serves 2)

You had a cheese board for your dinner party last night, but it was hardly touched. Cass Titcombe, co-founder of Canteen, turns it into today's main

LEFTOVER INGREDIENTS

A block of mature cheddar, or any other strong cheese (Lancashire or Caerphilly are good)

OTHER INGREDIENTS

· 2 slugs of milk · 1 slug of pale ale · 25g butter · 25g plain white flour · 2 tsp Worcestershire Sauce · 2 eggs · 1 egg yolk · 2 large dollops of wholegrain mustard · 4 thick slices brown bread

METHOD

Preheat the grill. Warm the milk and ale together in a saucepan. Melt the butter in another saucepan, then add the flour and cook for 2 minutes, always stirring. Whisk in the hot milk mixture and cook until bubbling, smooth and glossy. Remove from the heat. Beat in the cheese, followed by the Worcestershire Sauce, egg yolk and wholegrain mustard. Lightly toast the bread. Spread over the cheese mixture, right to the edges. Grill until golden brown and bubbling, then serve with a poached egg on top. It'll be your best TV-dinner of the week. *canteen.co.uk* ▶

NUTRITIONAL BONUS THE RAREBIT HAS AN ARSENAL OF HEALTH BENEFITS, FROM THE CANCER-FIGHTING POLYPHENOLS IN THE ALE TO MUSTARD'S IMMUNITY BOOSTING PROPERTIES.

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APPROXIMATE SAVING
£3

APPROXIMATE SAVING £3

MUSHROOM TARTINE (serves 4)

Last night's stroganoff lives again, thanks to chef Richard Bertinet

LEFTOVER INGREDIENTS
Half a loaf of rustic bread · Wild mushrooms

OTHER INGREDIENTS
· 1 shallot · 1 clove of garlic · olive oil · a wine glass of brandy · 4 tbsp of crème fraiche · a bunch of parsley

METHOD
Heat the oil in a frying pan, add the garlic and shallots, then sauté over a high heat until lightly browned. Add the mushrooms and stir. Add the brandy and cook for 30 seconds before removing the pan from the heat and stirring in the crème fraiche. Put the pan back on a low heat for 5 minutes. Meanwhile, lightly toast slices of bread. Season the mushrooms, stir in some chopped parsley, then serve on top of the toast. Taken from *Richard Bertinet's Crust: Bread To Get Your Teeth Into* (Kyle Cathie).

NUTRITIONAL BONUS A SHOT OF BRANDY IS A SHOT IN THE ARM FOR HEALTH. THE PRESENCE OF COPPER DURING DISTILLATION MEANS 30ML HAS THE ANTIOXIDANT POTENTIAL OF YOUR RDA HIT OF VITAMIN C.

APPROXIMATE SAVING £5

MAMA'S RISI E BISI (serves 6)

Leon's Allegra McEvedy looks forward to Boxing Day with this delicious Italian take on leftover turkey

LEFTOVER INGREDIENTS
Turkey

OTHER INGREDIENTS
· 2 rashers of streaky bacon · 3 small onions (1 whole, 2 chopped) · 1 carrot · 1 cup of brown basmati rice · peas · thyme and rosemary sprigs · 2 bay leaves · large bunch of parsley · Parmesan · butter · olive oil

METHOD
Put the whole onion, carrot, celery, herbs and bay leaves into a saucepan. Cover with 2 litres of water, bring to the boil and simmer for an hour adding the turkey after 45 minutes. Strain the stock into an another pan and set aside the turkey, discarding the rest. Melt some butter and oil in a pan and sweat the chopped onions and bacon. Add the rice and stir. Ladle in some of the stock and once that has bubbled away add just under a pint's worth more. Cook for 45 minutes. Turn off the heat, stir in the peas, put a lid on and leave for five minutes. Stir the turkey into the rice with the Parmesan and chopped parsley. Taken from *Allegra McEvedy's Leon: Ingredients and Recipes* (Conran Octopus Ltd).

NUTRITIONAL BONUS THE HIGH HERBAL CONTENT OF THIS REINVENTED TURKEY DISH WILL HELP STIMULATE YOUR LIVER, IMPROVE YOUR CIRCULATION AND BOOST YOUR IMMUNE SYSTEM.

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APPROXIMATE SAVING £5

SPAGHETTI AL POLLO (serves 6)

Your chicken casserole gets a Mediterranean makeover from *The Silver Spoon: Pasta* (Phaidon)

LEFTOVER INGREDIENTS
Chicken

OTHER INGREDIENTS
• 150g chestnut mushrooms • 350g spaghetti • 250ml double cream • Parmesan • butter

METHOD
Melt a knob of butter in a frying pan, add the poultry scraps and cook over a medium heat for five minutes, stirring frequently. Lower the heat, add the sliced chestnut mushrooms, season with salt and pepper, then leave for another 15 minutes. Stir in the double cream and heat through gently. Meanwhile, cook the spaghetti in plenty of salted boiling water until *al dente*. Drain, tip into a serving dish, spoon the sauce on top and sprinkle with a few handfuls of Parmesan. Serve immediately. ▶

NUTRITIONAL BONUS THE ADDITIONAL MUSHROOMS IN THIS DISH WILL DO WONDERS FOR YOUR BLOOD PRESSURE, NOT TO MENTION YOUR SUNDAY-SESSION HANGOVER. THERE'S MORE POTASSIUM PER SERVING HERE THAN YOU'LL FIND IN A BANANA.

APPROXIMATE SAVING £7

SPICY SALMON SALAD (serves 6)

A whole salmon is a real event, Restaurant Sauterelle's Robin Gill shows how the next day can be, too

LEFTOVER INGREDIENTS
• Baked or poached salmon • boiled or roasted potatoes

OTHER INGREDIENTS
• Small tub of natural yoghurt • 1 tbsp grated horseradish • splash of white wine vinegar • Tabasco (to taste) • wasabi paste (to taste) • 1 cucumber (peeled and sliced) • 1 lemon • wild rocket • fresh dill

METHOD
Flake the salmon into a bowl and roughly chop the potatoes. Separately, mix the horseradish, yoghurt, lemon juice and a couple of drops of Tabasco in a bowl. In another jug, mix together the vinegar and a squeeze of wasabi, then add the cucumber with a pinch of salt and some chopped dill. Mix the horseradish sauce and the potatoes together, add the cucumber and wasabi mix, then add the salmon with rocket, more dill and a squeeze of lemon. *restaurantsauterelle.co.uk*

NUTRITIONAL BONUS THE HORSERADISH HAS A VITAMIN C LEVEL COMPARABLE TO A LEMON'S, SO EARNING ITS REPUTATION AS 'THE PENICILLIN OF THE GARDEN'.

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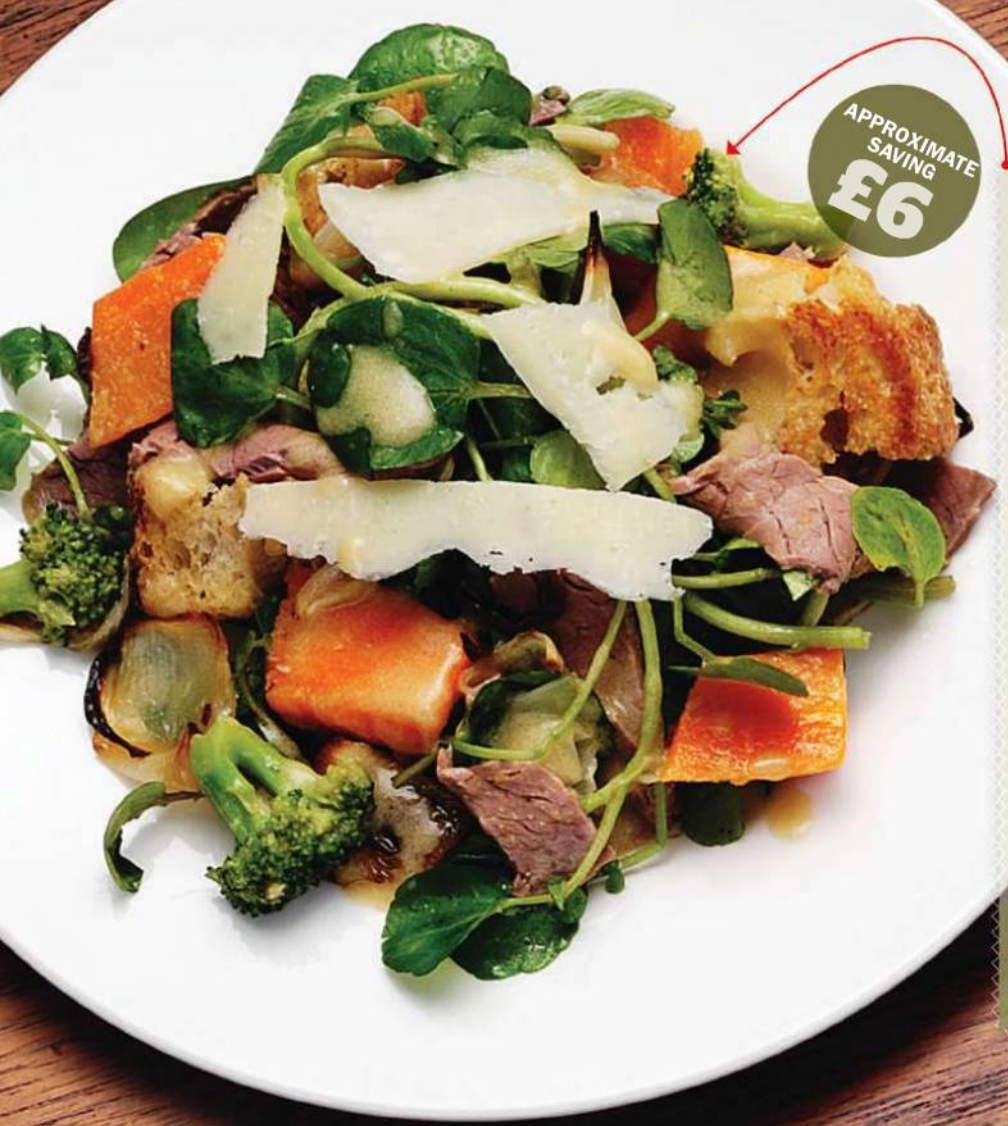

APPROXIMATE SAVING £6

BEEF AND PICKLE OPEN SANDWICH (serves 4)

Sauterelle's Robin Gill turns the remnants of a very British rib roast into a light, continental lunch

LEFTOVER INGREDIENTS

• Roast beef slices • steamed carrots • cauliflower • roasted onion

OTHER INGREDIENTS

• ½ loaf of sourdough bread • 1 tsp mustard 50ml white wine vinegar • 150ml olive oil • 1 bunch fresh watercress

METHOD

Slice the bread, then chop into bite-sized chunks and place in an oven at 180°C for six minutes until golden. Combine the oil, mustard and vinegar in a bowl with some sea salt and black pepper, then whisk. Place the vegetables and bread in the bowl and toss well with the dressing. Plate up, add the sliced beef, season, then finish with the watercress. You can also add some Parmesan shavings if you like. *restaurantsauterelle.co.uk*

NUTRITIONAL BONUS VINEGAR IMBIBED AT MEALTIMES HAS BEEN PROVEN TO PREVENT BLOOD SUGAR SURGES AND THE SUBSEQUENT DESIRE TO PIG OUT.

PARSNIP GRATIN (serves 4)

The proprietor of the award-winning Wahaca, Thomasina Miers resurrects yesterday's humble vegetable side dish

LEFTOVER INGREDIENTS

A plateful of roasted parsnips or other veg

OTHER INGREDIENTS

• 1 onion • ½ pint of vegetable stock • ¼ pint of double cream • butter

METHOD

This is ease on toast: slice up your leftover parsnips and layer them in a gratin dish with thinly sliced white onions, vegetable stock, butter and cream. Bake in a hot oven (Gas Mark 7) for 30 minutes and serve with a crisp chicory salad. *wahaca.co.uk*

NUTRITIONAL BONUS IF YOU DIDN'T CLEAN UP ON YOUR PARSNIPS FIRST TIME AROUND THEN THIS IS YOUR CHANCE TO UP YOUR QUOTA OF THIAMINE, RIBOFLAVIN AND B VITAMINS, ALL ESSENTIAL FOR BOLSTERING YOUR IMMUNE SYSTEM.

APPROXIMATE SAVING £3

FOOD STYLING CARA HOBDAY. MATKANS, PLATES AND CUTLERY FROM HEALS.CO.UK\

APPROXIMATE SAVING £4

CHICKEN AND MASH PIE (serves 2)

Stuart Gillies, executive chef at Gordon Ramsay's Boxwood Café, explains how to make your weekend chicken go the whole nine yards

LEFTOVER INGREDIENTS
Roast chicken carcass

OTHER INGREDIENTS
- 1 onion
- 1 large carrot
- olive oil
- 4 large potatoes
- Worcestershire Sauce

METHOD

Too often the chicken carcass gets discarded once the legs and breasts have been taken. It's scandalous really, because there's still a wealth of tasty protein to be had. Go to town picking off all the scraps of meat from the bones (there will be more than you think on the underside) and chop it up finely. Then coarsely grate a carrot and an onion and cook them together in a little olive oil for 10 minutes. Add the chicken, season with salt and pepper and throw in a splash of Worcestershire Sauce. Put the cooled mixture into a deep oven dish until half full. Boil the potatoes until tender, drain and mash with olive oil, then spread evenly over your chicken mixture. Bake in the oven until hot, then brown the potato under a hot grill. *gordonramsay.com/boxwoodcafe* MH

NUTRITIONAL BONUS DOUSE YOUR PIE WITH A FEW GOOD SLUGS OF LEA & PERRINS AND YOU'LL EFFECTIVELY BE SEASONING WITH VITAMIN C, CALCIUM AND IRON.

THE BIGGER BREAKFAST

Put the right stuff on your plate tomorrow morning and you can achieve whatever goal you want...

Words Toby Wiseman
Photography Peter Thiedeke

Berry your boozy demons with a Mediterranean formula

GREEK YOGHURT WITH BLUEBERRIES

BEST FOR A DETOX

RECIPE BY SARA ADAMS, KENSINGTON SQUARE KITCHEN (kensingtonsquarekitchen.co.uk)

INGREDIENTS

684kcal; carbs 85g; protein 25g; sat fat 3g

- 60g rolled oats
- 30g sliced almonds
- 15g light brown sugar
- 10ml vegetable oil
- ½ tbsp honey
- Pinch of cinnamon and dash of vanilla
- 25g raisins and blueberries
- 150g natural Greek yoghurt

METHOD

1 Preheat oven to 150°C/gas mark 2. Mix the oats, sugar, almonds and cinnamon.
2 In a saucepan warm the vegetable oil and the honey; whisk in the vanilla.
3 Pour this over the oat mixture and stir.
4 Spread it in a baking pan.
5 Bake for 40 minutes, stirring regularly. Allow to cool, then stir in the raisins.
6 Finally, add the yoghurt with the granola and top with blueberries, then serve.

THE BENEFIT

Blueberries are commonly heralded for their cancer-fighting antioxidising properties (here at *Men's Health* we call them last year's pomegranates) but less well known are the curative powers of yoghurt. As well as being a good source of protein, a study at University of California School of Medicine in the US found that just 170g of yoghurt a day helped to prevent colds, hay fever and even diarrhoea.

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Put some meat on your bones with a beefed-up breakfast

STEAK AND EGGS

BEST FOR MUSCLE

RECIPE BY AUTOMAT AMERICAN BRASSERIE (automat-london.com)

INGREDIENTS

668kcal; carbs 1g; protein 93g; sat fat 14g

- Rump or sirloin steak
- 2 free-range eggs
- A good glug of olive oil
- Salt & pepper to taste

METHOD

1 Pour olive oil in a heavy bottomed pan and heat it until you see the oil start to smoke.

2 Place your steak in the oil and fry for approx 4-5 mins on each side for medium rare. Season while in the pan.

3 Remove steak and put aside to rest while you fry your eggs.

4 Add a dash more olive oil to the same pan, the heat turned down, and combine with the caramelised juices from your steak.

5 Crack your eggs into the oil and fry gently until the whites are just set and the yolks runny. Serve immediately with the steak.

THE BENEFIT

Professional sportsmen tend to fill up on pasta before training these days, but a University of Illinois study suggests that a pre-workout meal of steak and eggs will help you burn more body fat and increase muscle tone. Eggs, particularly, are your secret weapon because their superior protein content contains all the necessary amino acids required for lean tissue growth. That's pumping up in our language. ▶

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The spinach might be wilted but you won't be

EGGS FLORENTINE

BEST FOR ENERGY

RECIPE BY JONAS KARLSSON, EXECUTIVE CHEF AT THE FIFTH FLOOR CAFÉ, HARVEY NICHOLS, LONDON (harveynichols.com)

INGREDIENTS

281kcal; carbs 31g; protein 17g; sat fat 3g

- 2 eggs and 1 English muffin
- Baby leaf spinach

METHOD

1 Bring a large pan of water to a vigorous boil and add a splash of white wine vinegar.

2 Stir the water with a spoon to create a vortex, gently crack eggs into the water.

3 As the water returns to the boil, turn the heat down so that it is barely simmering. Cook for 3 minutes.

4 Meanwhile, toast the muffin and wilt the spinach in a pan with a lid, then place the toasted muffin halves on a plate and cover with the wilted baby spinach leaves.

5 Gently position the eggs on top.

THE BENEFIT

While spinach is one of the most nutritious foodstuffs around, the body benefit it's most famous for – iron – just doesn't stand up, thank Popeye. But while iron isn't spinach's strong point, potassium is, and that's what will kickstart your day. Most commonly known as an electrolyte, potassium is also key to aiding the metabolism of sugar to glycogen, providing you with energy from the off.

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Smoke me a kipper and I'll be back, etc.

GRILLED KIPPERS

BEST FOR BRAIN POWER

RECIPE BY MITCHELL TONKS, EXECUTIVE CHEF AT FISHWORKS (fishworks.co.uk)

INGREDIENTS

320kcal; carbs 0g; protein 16g; sat fat 15g

- 1 whole kipper
- Zest of ¼ orange, ¼ lemon (and juice)
- 25g butter
- Fresh parsley, chopped

METHOD

1 Gently grill the kippers for 4-5 minutes.
2 Put the orange and lemon zest in a pan with the butter and heat until bubbling gently.
3 Stir in the lemon juice and parsley.
4 Put the kippers on a plate and pour over the sauce. Serve with crusty bread and a selection of Sunday newspapers.

THE BENEFIT

An ongoing study at the Oregon Health and Science University in the US has found that omega-3 fatty acids in fish oil can significantly reduce depression. Add that to increased mental aptitude, reduced chances of dementia and improved memory in the wonder stuff's arsenal of perks.

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MEN'S HEALTH EVENT

MH SURVIVAL OF THE FITTEST 2010 10,000 CHALLENGERS THREE CITIES

THE NATURAL SELECTION

CARDIFF OCT 3
NOTTINGHAM OCT 9
EDINBURGH OCT 17

Forget Julius Caesar and his Roman army. When it comes to Britain's latest - and toughest - series of urban adventure races, thousands came, saw and conquered in October. And now we're throwing down the gauntlet for *Men's Health* Survival of the Fittest 2010. No pain, no gain? Well, when in Rome...

Make no mistake, *Men's Health* Survival of the Fittest is a battle: against the elements, against the clock, against that little voice in your head telling you you'll never make it – and for bragging rights across the British Isles.

Our annual showpiece – in partnership with Land Rover – is now one of the most eagerly anticipated events on the adventure racing calendar, and will celebrate its third year in October with a record 10,000 places up for grabs. Again, three races will take place on consecutive weekends: in the cities of Cardiff, Nottingham and Edinburgh – flying the flags for their respective home nations. The latter two in particular should be heavily motivated, after Wales ran away with the fastest nation title in 2009, their victorious laughter echoing across the valleys as the English and Scots limped home to their respective ends of this island.

The events' formats are as straightforward as they are fiendish: 10 kilometres to each finish line, with 10 obstacles blocking your path. From the hay bale scramble at the start line – the hors d'oeuvres if you will – to the merciless *coup de grace* of the imposing *Men's Health* Wall at the finish, Survival of the Fittest takes no prisoners. It's competition, achievement and endurance in all of their muddy glory: and that's what makes the cocktail of victory at the finish line all the sweeter. (Especially when it comes in a pint glass and is shared with dozens of fellow competitors).

Entry to each Survival of the Fittest 2010 race costs just £36 – including a free Under Armour official race T-shirt worth £20, plus official goodie bag bulging with gifts and a free post-race massage courtesy of For Goodness Shakes! – with entry at mhsurvival.co.uk. It's not just the fittest who need apply though – it's the fastest too: last year's events were sold out early, so apply fast to avoid disappointment. And remember: Your country needs you. Particularly if you're Scottish or English.

LAND ROVER

Men's Health's Survival of the Fittest is once again powered by Land Rover, who will be showcasing the powerful new Discovery 4 at each of this year's three events. Tough and robust, versatile and nigh-on unstoppable, the Discovery 4 perfectly personifies the spirit of *Survival*. Now all you need to do is follow its example.

SIGN UP NOW AT MHSURVIVAL.CO.UK **SIGN UP NOW AT MHSURVIVAL.CO.UK**

PERSONAL CHEF

Getting into the shape of your life is 40% gym-time and 60% nutrition. Both combine to help you carve the physique you've always wanted. To help you in your quest, our Personal Chef section determines exactly what you need, how much to have, and when to eat it. What's more, we've made it specific to you, so if weight-loss is your goal, or you're striving for more lean muscle, it's all here. We'll stock your cupboard. The rest is up to you.

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FUEL THE FORCE

Lose weight faster by nourishing your exercise with the right foods

BEFORE EXERCISE...

1 Oatily prepared

Eat 70 minutes before training

Best if you train in the mornings and can't function on an empty stomach

- 50g oats
- 50g quinoa flakes
- Small banana
- Half a punnet of blueberries
- 150g low-fat yoghurt
- Sprinkle of cinnamon

The pay-off "Quinoa flakes are a complete protein that fuels your muscles while keeping your blood sugar balanced," says nutritional therapist Emma Wells (smartnutrition.co.uk).

Step 1 Place the oats, quinoa, banana and blueberries in a pan and cover with water.

Step 2 Simmer on a low heat for 5 minutes, adding more liquid if it becomes too thick.

Step 3 Place in a dish, top with the yoghurt and sprinkle over cinnamon to taste.

2 Seeds of success

Eat 60 minutes before training

Best if you go home before you exercise

- Mixed seeds. Include 1 handful of sunflower, pumpkin and sesame seeds and 2 handfuls of linseeds. Mix in a bowl and store.
- 250mg low-fat yoghurt
- 2 kiwi fruits (peeled)
- 1 mango
- 1 peach or nectarine
- 2 dried figs

The pay-off "Seeds are rich in omega-3s, essential for your immune system," says Wells. "Fruits are loaded with antioxidants, to mop up free-radicals."

Step 1 Grind up a handful of the mixed seeds.

Step 2 Add in the fruit and yoghurt and mix.

Step 3 Eat as is, or with a splash of milk.

3 Milking it

Eat 25 minutes before training

Best if you have an impromptu training session

- Small banana
- 1 cup of low-fat milk

The pay-off "Bananas are a fast-acting source of energy for your training session," says Christian Finn, creator of thefactsabout fitness.com. A pint of milk gives you 700mg of calcium (there's the same amount in low-fat milk as there is in full fat) and studies have found that people who consumed more than 1200mg of calcium every day had a lower level of body fat than those who had less.

4 Fruits for your labour

Eat 40 minutes before training

Best if you train at lunch time

- Apple, pear and small low-fat yoghurt

The pay-off It might be the fruit of our sins, but with over 2000 varieties in the UK alone, the humble apple is a real energy catalyst. "The apple is high in sugar for energy to help you train harder and because it is in its natural form – fructose – it's released slowly into the blood stream, meaning you don't run the risk of a sugar slump. The yoghurt is rich in dairy protein which has been proven to help rebuild muscles after strenuous exercise," says Wells.

5 Magic beans

5 minutes before training

Best if you need some fast-acting energy

- Black coffee
- 500ml water

The pay-off "High blood glucose and insulin levels, both of which switch fat-burning machinery off, can be avoided by exercising on an empty stomach," says Matt Lovell, director of Perform and Function, which advises international rugby players and British Olympians. "If your energy levels drop then a strong roast coffee will be enough to give you a boost to mentally attack your workout for a full 45-60 minutes." ▶

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3 Nut job
Directly after training

Best if you need to eat on the move

- 30g peanuts
- An apple
- Drinking yoghurt

The pay-off Researchers at Purdue University, US, found that the high protein and fibre content of peanuts helps to curb hunger and doesn't promote weight gain.

...AFTER EXERCISE

1 Something fishy
Eat within 60 minutes after training

Best if you train late at night

- 1 large salmon fillet
- 1tbsp pesto
- ½tsp of olive oil
- 50g basmati brown rice
- 2 medium carrots
- 100g or a handful of French green beans

The pay-off "The olive oil is rich in omega 3, while the rice is rich in fibre, B vitamins and zinc, and puts you on track to a streamlined waistline," says Wells.

Step 1 Preheat the oven to 180°C/gas mark 4 and bring a pan of water to the boil.

Step 2 Brush a baking tray with the oil, place the salmon fillet on it and spread the pesto on the top – bake for approximately 18 minutes.

Step 3 Boil the rice for 15-20 minutes until cooked.

Step 4 Steam the veg for 5 minutes then serve.

2 Lunchbox gobble
Eat within 45 minutes after training

Best if you need a packed lunch for after training

- 2 turkey breasts
- 1 sweet potato
- A handful of steamed green beans

The pay-off "This gives you a sensible amount of sugar to replenish muscle sugar lost during training, plus protein to repair damaged body tissues from the workout," says Lovell. "The veggies supply essential nutrients to protect cells against damage."

Step 1 Bake the sweet potato for 45 minutes at 200°C/gas mark 6. While the spud is cooking, grill the turkey on a medium heat for 12 minutes or until cooked through.

Step 2 Steam the green beans for approximately 6 minutes so they retain a slight firmness to bite, then arrange all the items in a lunchbox and garnish the potato with olive oil when serving.

4 Cottage industry
Directly after training

Best if you exercise at lunch time and need to eat when you get back to work

- 4 oat cakes with low-fat cottage cheese

The pay-off "The roughage in the oat cakes leaves you feeling fuller for longer and the cottage cheese is a low-fat source of protein to fuel the muscle-building process without adding fat," says Wells.

5 Take the subway
Directly after training

Best if you are in a rush after training and don't have time to make something yourself

- Subway Chicken Teriyaki on wholewheat

The pay-off "It's only got 6g of fat and is loaded with cancer-bashing beta-carotene in the tomato," says Richard Kemp, head personal trainer at Global Training. "Protein will help build muscle, while the carbs recharge your batteries."

WORDS RAY KLERCK. PHOTOGRAPHY STUDIO 33. FOR QUERIES CONTACT MATT AT WWW.PERFORMANDFUNCTION.CO.UK.

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AIM TO PLEASE

Use this nutrition bullseye to lose weight and build lean muscle fast

Key

- Eat every day
- Eat three times a week
- Eat once a week
- Eat once a month or never

2 portions of shellfish (clams, oysters, mussels)

Shellfish are low in fat, high in protein and full of essential minerals such as iron and zinc.

Medium size packet of peanuts

Each one is high in protein, monounsaturated fats and antioxidants.

2-3 portions of chicken breast

Chicken meat can be up to 60% water. The breasts are the leanest part and a great source of protein.

A handful of Brazil nuts

High in magnesium and protein for strong bones.

1 unit of alcohol

It lowers your risk of heart disease, and if you reach for the red wine it contains powerful antioxidants.

1 portion of dark green leafy vegetables

These are rich in magnesium which is used when you're stressed, while a lack of it can cause insomnia.

A handful of pecans, almonds or cashew nuts

They're high in arginine, an amino acid which guards against impotence and improves your growth hormone release.

Fresh fish (salmon, fresh tuna, mackerel, sardines, anchovies)

Oily fish protects your cardiovascular system and builds muscle.

Over 1.5 litres of water

It keeps you hydrated, helping every cell to function properly.

1 serving of brown rice, brown pasta and wholemeal bread

The minerals and fibre help you stay full and keep your digestive system healthy.

Handful of pumpkin seeds

They protect your testosterone levels and prostate gland.

Bowl of muesli and porridge

They protect your cardiovascular system and reduce cholesterol.

3 servings of blueberries, strawberries, plums, grapes, cherries, kiwi

Exercise produces harmful free radicals. Protect yourself with these antioxidant-rich fruits.

One serving of orange foods: sweet potatoes, red and orange peppers, oranges, carrots, tomatoes, melon

Rich in vitamin A, they give you healthy skin and boost your immune system.

PHOTOGRAPHY STUDIO 33, GETTY. ALL FOODS RECOMMENDED BY CLINICAL NUTRITIONAL THERAPIST EMMA WELLS OF SMART NUTRITION WWW.SMARTNUTRITION.CO.UK / 01273 775480

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1 portion of tomatoes

They're rich in the prostate cancer-fighting lycopene.

1 medium sugar-free yoghurt

It will boost your metabolism and aid digestion.

1 portion Hummus

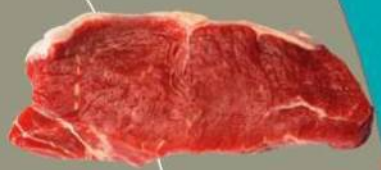
You need the folic acid in the chickpea pulp for memory and healthy sperm.

Fizzy drinks

They're high in phosphoric acid which leeches the calcium from your bones.

Cured meats - bacon and hot dogs

These use nitrates to preserve colour which can convert into nitrosamines: cancer-causing chemicals.



A portion of lean red meat

Excellent protein source and high in saturated fat which you need to produce testosterone.

Double espressos

Heavy whacks of caffeine cause abnormalities to your sperm.

Cereal

These often have hidden sugar and salt but can be good for energy.

Sugar

It gives negative energy by playing with your blood sugar balance, increases risk of tooth decay, mood swings, anxiety, obesity and diabetes.

Avocados and bananas

They have tyrosine which keeps you motivated, and alert during training.

Takeaways

Mostly fried and full of soon-to-be banned trans fats.

White breads and pastries

Up to 80% of their essential minerals are lost in processing.

2 eggs

A source of protein and iron, which transports oxygen needed for exercise.

Potatoes

Full of vitamin C and a good source of energy to fuel your training.

Plastic covered ready meals

These bring on man boobs as the plastic promotes the female hormone oestrogen which can lead to increased fat production.

Pretzels and doughnuts

Made of white flour, water and sugar, these are only masquerading as a healthy snack.

Chocolate

It stimulates dopamine production which makes you happy.

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TOWER OF POWER

Drop 1kg per week with a powerlifter's plan for cutting calories while building strength

Powerlifting champion Dave Ricks can tell you a lot about losing weight steadily, because he does it regularly. With a natural bulk of around 14st (89kg), he needs an eating strategy to help him reach his competition weight of around 12st 13lb (82kg). "Losing 1.5lb [0.7kg] per week for 10 weeks is a reasonable goal," says Ricks, "and because it's gradual weight loss, you don't become famished and weak. The weight stays off as healthier eating becomes habit."

THE BASICS

Watch your sodium intake (salt causes water retention and triggers hunger) and reduce calorie intake by replacing beef with leaner protein such as chicken and fish. "It's important to maintain and increase strength while cutting fat, which can be done with good protein," says Ricks. This diet has helped him lift a massive 851kg in competition, a three-part event comprising the squat (318kg), bench press (215kg) and deadlift (318kg).

LOSE 7KG WITH THIS POWERFOOD MENU

7am: BREAKFAST
- 2 hard-boiled eggs
- 1 small plain yoghurt
- 250ml orange juice

A study in the *Journal of Nutrition* found that some protein in your morning meal helps keep your appetite under control for the rest of the day.

10am: SNACK
- 1 piece of fruit
- 1 oat cereal bar
- 250ml water

Oats and fruit are low GI foods rich in fibre, making you feel fuller for longer.

12pm: LUNCH
- 2 slices w/wheat bread
- 120g turkey or chicken
- 2 pieces lettuce
- 2 slices tomato
- 1 oat cereal bar
- 1 piece of fruit
- 250ml water

Turkey is one of the leanest protein sources. Combined with the fibre in the rest of the sandwich, it helps to build muscle and lose weight.

4pm: SNACK
- 1 piece of fruit
- 250ml water

Small meals like this in the day keep your body working constantly and your metabolism high.

8pm: DINNER
- 250g grilled chicken, pork chops or fish
- 125g steamed sweetcorn and broccoli
- 100g brown rice
- 250ml iced tea

A meal high in protein and with the antioxidants your body needs to recover from exercise.

11pm: SNACK
- 1 apple
- 250ml water

Nutritious and sweet; will quash sugar cravings. Water's optional here.

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DOWNSIZE, FIRST UP

Get your fat-burning wheels spinning into motion as soon as you open your eyes with this abs-friendly feast

Why this breakfast works

It's easy to forgo breakfast when you're in a rush, but you're missing a trick if you want to shift your gut. A recent study in the *American Journal of Epidemiology* found men who ate 22-50% of their daily calories at breakfast gained 0.7kg over 4 years. Those who ate only 11% in the morning gained double that weight. So set your alarm 8 minutes early and gorge on this feast – you'll soon be saying good morning to a solid set of abs.

1 A strong currant

People who stuck to a low-GI diet, specifically one that included muesli, lost the most weight when compared to three other diet types, found a University of Sydney study. And munch it with yoghurt. Men eating three servings of fat-free yoghurt lost 81% more fat in the stomach than non-yoghurt eaters.

2 Beat it

Scramble a couple of eggs for a protein kick that will preserve your muscle mass and burn calories throughout the day. Combining the eggs with the metabolism-boosting effects of chilli will ramp up your calorie-burn even more. Also, a study in the *Journal of the American College of Nutrition* found that people who start the day with eggs ate fewer calories throughout the day.

3 The main grain

Eat 2 slices of wholegrain toast with the eggs – they'll aid the digestion process and help you absorb the protein. Plus, people who eat whole grains throughout the day lose 1.2% more fat from their abs than those who indulge in the refined variety, found *The American Journal of Clinical Nutrition*.

4 Go green

Here at *MH* we're forever extolling the benefits of green tea but swilling it after your orange juice gives its weight-loss kick more clout. US researchers at Purdue University found vitamin C protects the tea's weight loss-promoting antioxidants. The best just got better.

5 The C-word

250ml of orange juice will give you twice your RDA of vitamin C, and as it's a water-soluble vitamin, down an equal amount of water at the same time to help you absorb it. According to research at Arizona State University, blokes who got their RDA of vitamin C burnt 30% more fat during exercise than those who didn't get enough.

The Method

Swig 250ml of OJ with 250ml of cold water as soon as you wake. Dice the chilli and beat it with 2 eggs. Stick the kettle on. Combine the muesli and yoghurt; start eating. Pour the tea. While scoffing the muesli, cook the eggs and toast. By the time the bowl is empty the eggs will be ready and the tea drinkable. 8 minutes. Done.

PHOTOGRAPHY (OPPOSITE PAGE) PLAMEN PETKOV. WORDS RAY KLERCK. PHOTOGRAPHY ROB WHITE. STYLING CARA HOBDAY

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HIGH PROTEIN

Maximuscle's High Protein products have been formulated to support all your physique and sports performance goals, when combined with a sensible nutrition and balanced exercise plan. Maximuscle's High Protein products can be used alone or stacked with our Size & Strength or Lean Definition ranges for even better results. Maximuscle's High Protein range delivers great-tasting, targeted nutrition that will help you get fast results, whatever your goal.

Is the High Protein range right for you?

- ✓ You want to see muscle growth in as little as 10-14 days.
- ✓ You want to boost sports performance.
- ✓ You want to recover faster after the gym, exercise or sports.
- ✓ You want convenient high-protein nutrition shakes, bars and capsules.

TRAINING FOR IMPROVED PERFORMANCE

WHICH HIGH PROTEIN PRODUCT SHOULD I USE?

A: All Maximuscle High Protein products can safely and effectively be used alone or stacked together. You can also stack our High Protein products with any Size & Strength or Lean Definition products if you desire more protein. However, we recommend starting with Promax as a core High Protein product.

HOW QUICKLY CAN I EXPECT RESULTS WHEN USING HIGH PROTEIN PRODUCTS?

A: Our products have been designed to help optimise your nutrition and support the results of your workouts. Most trainers will quickly notice enhanced muscle recovery after training when using our High Protein products as recommended.

WHAT KIND OF RESULTS CAN I EXPECT?

A: Our High Protein products work with your specific training and nutrition plan, including weight loss, lean muscle growth, physique definition and sports performance. You should quickly notice increased recovery speed, strength and lean muscle support.

ARE MAXIMUSCLE PRODUCTS SAFE?

A: Yes. Maximuscle products are guaranteed to be safe and effective. In fact, with Maximuscle's unique sports nutrition testing programme - designed to ensure our products are among the safest available for elite tested athletes - you can enjoy them with total confidence.

"It can be a chore to eat enough protein day after day to support my lean muscle strength, growth and recovery after intense training, but **Promax** makes it easy and gives me physique results I can see and feel."

Daniel Keatings
GB Gymnast & World Silver Medalist

OFFICIAL SPORTS NUTRITION SUPPLIER TO:

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Promax

The UK's No.1 whey protein shake to support lean muscle growth, strength and recovery.

Promax contains pure high-protein nutrition to help you build muscle and size, improve your sporting performance and achieve a leaner physique.

BIOMAX WHEY PROTEIN 23g protein per serving for lean muscle growth and recovery.

GLUTAMINE & BCAA FORTIFIED To aid muscle growth and repair.

RESEARCH PROVEN In a recent survey, over 90% of gym users saw increased muscle definition or growth after three weeks of using Promax.*

908g/30 SERVINGS

*Online survey conducted by Zoomerang on 176 men who exercise regularly and use Promax daily (2009).

Promax Extreme

An advanced, whey protein shake with muscle-building nutrients to support rapid muscle growth, strength and recovery.

Take your high-protein lean muscle nutrition to the next level. Ideal for serious trainers.

BIOMAX WHEY PROTEIN 25g protein per serving for lean muscle growth.

MAXPURE CREATINE® Muscle, strength and power support.

GLUTAMINE & BCAA FORTIFIED To aid muscle growth and repair.

POWERFUL SUPPORT NUTRIENTS Beta-ecdysterone, methoxyflavone and chromium picolinate.

908g/30 SERVINGS

Promax Meal bars

A high-performance protein bar to aid muscle growth, performance and recovery.

Promax Meal bars are one of the highest quality and best tasting high protein bars ever made. The perfect physique and performance snack while at work, home or the gym.

HIGH-QUALITY PROTEIN 21g high-quality protein per bar to support lean muscle growth.

UNDER 3g SATURATED FAT & LOW GI Making it ideal for low-fat diets.

TRAINING NUTRITION High-protein support before and after exercise.

60g/12 PER BOX

Promax Crisp bars

A delicious protein snack bar to support muscle growth, performance and recovery.

Promax Crisp bars have revolutionised guilt-free, healthy snacking, with a crisp bar that's high in protein and supports your physique goals.

WHEY-ENRICHED PROTEIN Over 30% whey-enriched protein to support lean muscle growth.

84 CALORIES Just 84 healthy calories per bar: the perfect healthy snack.

GREAT TASTE Delicious chocolate crisp flavour.

21g/12 PER BOX

For more information on the High Protein range, visit **maximuscle.com**

For step-by-step training and nutrition plans and to order, visit **maximuscle.com**. Also available at Argos

maximuscle

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THE WORLD'S BEST PROTEIN FOODS

Meat equals muscle. But not all protein is created equal. We picked the brains of sports nutritionist Matt Lovell who has come up with the most powerful shopping list ever: *MH* presents the protein top 15

PROTEIN. WE GO ON ABOUT IT ALL THE TIME. And for good reason: it's the fastest way to build muscle, burn fat and get the body you want. And to do so you need the best quality available, which comes at a price. That's why we have put together this, your definitive guide to protein, showing you exactly how much you get for your hard-earned cash.

We've divided the foods up into three categories: seafood, meat and poultry, and vegetarian. We've stuck to foods that are as natural as possible. So although they have a protein content of 80-90g per 100g, we omitted supplements such as whey or soya isolate powders, and focused on Nature's handiwork. The vegetarian options have by necessity been exposed to a certain amount of processing, so we recommend choosing organic versions.

The foods featured are ranked in order of their protein content – the more they have the higher up the list they go. And in case you forgot: "If you're training to get lean or build muscle you should eat 1g of protein per lb (0.5kg) of body weight each day," says sports nutritionist Matt Lovell (sportsnutritionvlog.com). "If you're bulking up, increase that to 2g." Tear these pages out and stick them on to your fridge door – it'll serve as your shopping list for more muscle and better performance.

Protein content is per 100g of that particular food. All nutritional values are derived from the Department of Agriculture's National Nutrient Database of standard reference.

SEAFOOD

1 COD
Protein content 63g
This is the animal protein with the lowest sat fat content, serving just 0.5g of fat per 100g. A 300g portion supplies your RDA of magnesium to give you the energy needed to train, protect you against cramps and help your muscles contract.
What to eat with it Broccoli. The Institute of Food Research (IFR) in Norwich found eating selenium-rich foods, like cod, with food rich in sulforaphane, like broccoli, make the meal 13 times more powerful at attacking cancer.

2 CLAMS AND OTHER MOLLUSCS
Protein content 48g
A serving of clams will provide you with 302% of your RDA of vitamin B12, which keeps your nervous system healthy and helps digestion. You'll also get 128% of your RDA of the antioxidant selenium. This boosts post-exercise recovery and reduces stiffness.
What to eat with it Tomatoes. Their vitamin C helps you absorb iron.

MEAT & POULTRY

1 BEEF
Protein content 36g
A 300g steak will provide you with your RDA of zinc, which aids in post-exercise tissue repair and in the conversion of food to fuel. Beef is one of the richest natural sources of the strength-booster creatine which is a muscle-building aid.
What to eat with it Greek salad. Steak can take a while to digest, leaving you feeling full for ages so if you want to lose weight pair it with a low-calorie, nutrient-dense salad to aid digestion and help you absorb more protein.

2 LAMB
Protein content 35g
Two chops will give you your RDA of niacin and vitamin B12 which will help you train longer. It's a solid source of zinc and selenium which helps your muscles recover quicker after exercise.
What to eat with it Cruciferous vegetables (the cabbage family). These increase the body's ability to detoxify carcinogenic compounds produced when meat is grilled.

VEGETARIAN

1 TOFU
Protein content 48g
Tofu will provide you with 184% of your RDA of manganese. This mineral will strengthen bones and metabolise carbs, cholesterol and amino acids. Tofu also has 24g of unsaturated (good) fats which a study in the *Journal of the American College of Cardiology* found aid post-exercise recovery.
What to eat with it Vegetable soup. This will provide flavour and extra nutrients without any of the salty, preservative-filled seasonings that cancel out goodness.

2 LOW-SODIUM PARMESAN CHEESE
Protein content 42g
Due to its long ageing, the protein in parmesan takes just 45 minutes to digest. You'll get 138% of your RDA of bone strengthening calcium, which is vital for making your muscles contract.
What to eat with it Tofu or chicken breasts. Chicago's Smell & Taste Treatment and Research Foundation found people eat more of the healthy food if they flavour it with high-fat food.

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3 TUNA
Protein content 30g
This lean protein source has just 1g of fat per 100g serving and a hefty 311mg dose of omega-3, which will aid weight loss.
A fresh tuna steak is the ocean's equivalent of a multi-vitamin.
What to eat with it Green tea. Researchers at Indiana's University of Purdue found green tea reduces the amount of mercury absorbed from fish by 92%.

4 OCTOPUS
Protein content 30g
If you lack the oomph to train, snack on this. Just 100g gives you six times your RDA of the energy-releasing vitamin B12. It is also rich in the antioxidant selenium which will mop up free radical damage.
How to eat it Pickled. Studies at Lund University, Sweden found that vinegar lowers blood sugar by 23% when eaten with a high-carb meal.

5 PRAWNS AND SHRIMPS
Protein content 21g
Small in size but large in nutrition. They provide the antioxidant selenium which aids recovery from exercise. They're also low in fat (1g per 100g) and high in iron which help your muscles to burn fat.
What to eat with it Avocados. Combining a plant and omega-3 fatty acids helps you absorb more weight-loss aiding fat.

3 CHICKEN BREAST
Protein content 33g
One large breast will give you your RDA of niacin which will help your body to produce energy from food and keep both your nervous and digestive system healthy. It's low in saturated fat and carbohydrates and is a good source of omega-3 making it an ideal protein source if you're trying to lose weight.
What to eat it in Chicken soup. A University of Nebraska study found it inhibits the release of mucus which can obstruct your airways when you exercise.

4 PORK TENDERLOIN
Protein content 32g
Two small fillets will provide your RDA of thiamine which aids post-exercise recovery. It's also a rich source of zinc which helps your body to produce the muscle-building hormone testosterone.
What to eat with it Pinto beans. Arizona State University found 125g cut bad cholesterol by up to 9%.

5 TURKEY
Protein content 30g
Turkey is rich in tryptophan which a study in the *Journal of Physiology & Anthropology* found helps you enjoy better quality sleep, which is of course a vital part of any training programme. Save it for your evening meals, not right before training.
What to eat with it Pasta or bread. The carbohydrates will help your brain absorb the tryptophan where it is used to manufacture the feel good chemical serotonin.

3 PINK LENTILS
Protein content 25g
This variety is the highest in protein. They are rich in fibre and 120g will provide the RDA of manganese, which keeps your metabolism high.
What to eat with it Bangers. Research in the *Cochrane Systematic Reviews* found swapping high-GI foods like spuds for low-GI foods like lentils accelerates fat loss.

4 WALNUTS
Protein content per 24g
Just 50g (a handful) of walnuts will provide your RDA of the antioxidant manganese, which will help you recover from exercise faster.
What to eat with it Pizza. A study in the *Journal of the American College of Cardiology* found that eating 40g of walnuts with a high-fat meal helped to maintain elasticity of your arteries which can otherwise become clogged.

5 ALMONDS
Protein content 22g
They are high in fibre, omega-3 and magnesium, making them a perfect snack for losing fat. Just 73g of almonds a day reduced free radical damage in your body by 19%, which hastens post-exercise recovery and reduces stiffness.
What to eat with it Pasta. A study in *Metabolism* found eating almonds with a high-GI meal cuts the amount by which your blood sugar spikes by 50%.

PHOTOGRAPHY GETTY, STUDIO 33

YOU ARE WHAT YOU ASSIMILATE

Want food advice? Then ask an egg head

Insufficient gastric hydrochloric acid (HCL) causes protein to putrefy in the intestine and carbs to ferment. US estimates show the average adult suffers from a 40-50% deficiency in HCL levels. Symptoms include bad breath, nausea, malodorous stools, stomach pain, acne and depression. Rectifying it can improve athletic performance, sleep, skin tone and wellbeing. Follow an HCL protocol at home. All it requires is a bottle of Betaine HcL (£8.76 naturesbest.co.uk) and these steps:

1. Eat a high-protein meal, eg steak and veg.
2. Eat half the protein (half of your steak).
3. Take a 200mg Betaine HcL.
4. Eat the other half of the meal.
5. Wait 15 minutes.
6. If your stomach acid is normal, you'll feel like you just drank hot tea in your upper chest. If you feel nothing you need to supplement.

Up your dose by a capsule per meal until you feel a burning sensation. Then you need one less capsule to digest meals of that size. Over time you'll feel a warm sensation – that's your optimum dosage. Then cut back by a capsule. Repeat that until you reach a normal level of healthy digestion.

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EAT TO BOOST IMMUNITY

A robust immune system won't just thwart colds: it's vital for sports performance. Here's how to build up your barricades by treating your taste buds

Your plan

Training leaves you stronger on the outside but not necessarily on the inside. A study in Medicine & Science in Sports & Exercise found that athletes had weaker immune systems after strenuous bouts of exercise. This is because it's more difficult to repel bugs if your system is working to repair muscles. "It's important to beef up your immunity by eating the correct balance of nutrients," says sports nutritionist Matt Lovell (sportsnutritionvlog.com) who designed this nutrition plan. Remember: muscles don't accept sick notes – if you're too ill to exercise then you'll never achieve your training goals.

MONDAY TRAINING DAY

BREAKFAST
- 2 cups Scotch oats
- 220ml goats' milk
- 1 tbsp manuka honey
- 1 cup green tea

SNACK
- 1 orange
- 20g Brazil nuts
- Plain yoghurt
- 1 cup green tea

LUNCH
- Niçoise salad
- 1 apple
- 1 cup green tea

SNACK
- Blended colostrum and whey protein shake (neovite.com), with banana and blueberries

DINNER
- 300g grilled salmon fillet
- 75g brown rice
- Mixed vegetables
- 1 small glass red wine (optional)

WHY?

Oats unleash disease-defeating white blood cells. "They are activated by fibre," says Lovell. "Scotch oats have double the fibre of the rolled kind." A study in *Sports Medicine* found a lack of protein coupled with endurance exercise dampens your immune system. You can buff up your protein stores with fish. "Salmon strengthens cell membranes to bolster resistance to infection."

TUESDAY TRAINING DAY

BREAKFAST
- 2-egg omelette with:
- 1 chilli, chopped
- ¼ red pepper, diced
- 1 chopped tomato
- 2 slices whole grain toast
- 1 cup green tea

SNACK
- 1 tin oysters
- 4 Ryvitas
- 1 cup green tea
- 1 glass ginger and lime juice
- 1 kiwi fruit

LUNCH
- Greek salad wrap filled with: 1 chicken breast, 30g feta cheese, cherry tomatoes, lettuce, 1 tbsp hummus
- 1 cup green tea

SNACK
- Blended colostrum and whey protein shake, with banana and raspberries

DINNER
- Spiced vegetable stir-fry with shitake mushrooms and noodles
- 1 small glass red wine (optional

WHY?

Oysters aren't just good for your bedroom Olympics. "Their zinc improves your immunity," says Lovell. "Spices also have immune-boosting properties." A study at New Zealand's Institute of Food Nutrition and Human Health found that colostrum in protein shakes increase the immunity in your respiratory tract by 79%.

WEDNESDAY REST DAY

BREAKFAST
- 100g sugar-free muesli
- 220ml goats' milk
- 1 cup green tea
- 1 grapefruit

SNACK
- 4 celery sticks stuffed with tuna, chilli and mayo
- 1 orange

LUNCH
- Antipasto platter: 5 slices smoked turkey breast, 5 slices ham, handful of olives, 30g cheese, 6 gherkins, 5 sun-dried tomatoes, 2 slices wholemeal bread
- 1 cup green tea

SNACK
- Blended colostrum and whey protein shake with banana and strawberries

DINNER
- 2 small chicken breasts roasted with: Chopped tomato, spinach and mixed spices,100g mixed steamed veggies
- 40g brown rice
- 6 squares dark chocolate (70% cocoa)

WHY?

A study in the *American Journal of Clinical Nutrition* found that a tomato-rich diet means 38% less free-radical damage to white blood cells. "Antioxidant-rich dark chocolate protects you against free-radical damage," says Lovell

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THURSDAY TRAINING DAY

BREAKFAST
- 2 slices wholemeal toast topped with: 50g ricotta cheese, chopped tomato, fresh basil
- 1 pear
- 1 cup green tea

SNACK
- 8 small wholemeal crackers with Marmite and avocado
- 1 orange

LUNCH
- Chickpea and tuna salad: 100g chickpeas, 250g tuna, 10 cherry tomatoes (halved), 60g low-fat feta cheese. Dress with olive oil and balsamic vinegar
- 1 apple

SNACK
- Blended colostrum and whey protein shake with banana and blackberries

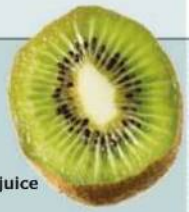
DINNER
- 350g sirloin steak
- Green beans, spinach, carrots, shitake mushrooms, cauliflower
- 50g mash
- 1 small glass red wine (optional)

WHY?
Shiitake mushrooms are magic for immunity. "They are rich in health-boosting minerals," says Lovell. "The dressing provides a healthy dose of good fats and the steak is rich in protein and zinc, vital for an immune boost. The vegetables and fruit ensure you get your 5-a-day."

FRIDAY TRAINING DAY

BREAKFAST
- Porridge made up of 75g of Scotch oats, 220ml of goats' milk, plus 1 tbsp Manuka honey
- 1 cup green tea

SNACK
- Peanut butter on wholemeal bagel
- 1 orange
- 1 cup green tea



LUNCH
- Chicken soup
- 1 apple
- 1 kiwi fruit
- Ginger and lime juice

SNACK
- Blended colostrum and whey protein shake with banana and diced pineapple chunks

DINNER
- Prawn and vegetable stir-fry
- Noodles
- 1 tsp spices
- 6 squares of dark chocolate (80% cocoa)

WHY?
Research at the University of Nebraska found chicken soup contains an anti-inflammatory compound which prevents mucus from blocking your respiratory tract. "Today's menu helps you vary your protein sources making you get a healthy balance of amino acids needed to fight infections," says Lovell. "Peanut butter is one of these, rich in the vitamin E needed to fight bacteria.

SATURDAY TRAINING DAY

BREAKFAST
- 200ml plain yoghurt mixed with 100g of muesli, 60g of mixed fruit salad
- 1 cup green tea

SNACK
- 100g smoked salmon and cream cheese
- 4 Ryvitas
- 1 satsuma

LUNCH
- Large sweet potato filled with baked beans, onions and diced pork sausage
- 1 apple
- 1 cup green tea

SNACK
- Blended colostrum and whey protein shake with banana, blackberries and gooseberries

DINNER
- Beef, shitake mushroom and mixed vegetable stew
- 1 tsp spices
- Small glass red wine

WHY?
By now you should have realised that higher immunity doesn't necessarily come at the cost of fine dining. "The beef in the stew will ramp up your zinc supplies, which is a crucial immune booster," says Lovell, "while the breakfast yoghurt has live cultures that are a good source of healthy bacteria for your stomach. Finally the smoked salmon tops up your supply of healthy fats."

SUNDAY REST DAY

BREAKFAST
- 3-egg omelette with: 50g diced red pepper and shitake mushrooms
- 1 grapefruit
- 1 cup green tea

SNACK
- 50g mixed nuts and dried fruits
- 1 satsuma

LUNCH
- Avocado, tomato, chicken breast and salad sandwich
- 1 apple
- 1 cup green tea

SNACK
- Blended colostrum and whey protein shake with banana, blueberries and strawberries

DINNER
- Pasta mixed with halved cherry tomatoes, fresh basil leaves, mozzarella, halved olives, 2 chopped garlic cloves and a drizzle of olive oil
- 6 squares of dark chocolate

WHY?
By now your immune system will be tougher than Jason Bourne after two months of intensive training. "The tomatoes and sweet potato are rich in beta carotene, which increases infection-fighting cells. Avocado has more healthy fats plus folate, zinc and enough vitamins to put a multi-vit to shame." We pity the flu that tries to take you on.

WORDS RAY KLERCK. PHOTOGRAPHY GETTY IMAGES

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GET 10% MORE STAMINA

Follow this 4-week meal plan and get stronger more quickly by simply lifting a fork

Your plan

This eating plan is designed for any bloke who is training for size and strength 4-5 times a week. Add an extra whey protein shake before and after each workout and a casein protein shake just before bed to get the most out of your muscles. Repeat each day's meal plan for 4 weeks and you'll soon see the plates on your bench press start to pile up.

MONDAY TRAINING DAY	TUESDAY TRAINING DAY	WEDNESDAY TRAINING DAY
BREAKFAST • 3 whole eggs scrambled with another 3 egg whites • 50g mozzarella cheese • 2 slices of wholemeal bread • 250ml cranberry juice	**BREAKFAST** • 3 whole eggs, poached • 4 slices of low fat ham • Sliced tomato • 2 slices of rye bread • 2 wholemeal muffins	**BREAKFAST** • 3-egg omelette • Sliced tomato, red pepper and cheese • Orange juice • 2 slices of wholemeal bread
SNACK • 200g of almonds and assorted dried fruit • 1 granola bar or low sugar cereal bar • 2 apples, 1 orange	**SNACK** • 200g mixed seeds and nuts • 200ml of plain yoghurt • 2 apples, one punnet of blueberries	**SNACK** • Tinned salmon • Cream cheese • 4 Ryvitas
LUNCH • 200g grilled sirloin steak • 1 cup brown rice • Mixed vegetables	**LUNCH** • Chinese-style beef stir-fry with mixed vegetables and wholewheat noodles	**LUNCH** • 250g liver pâté • Handful of rocket • 1 sliced tomato • 4 slices of wholemeal bread
SNACK • 4 slices of salami • 2 slices of rye bread • Mixed salad • 1 banana	**SNACK** • Tuna mayo on wholemeal roll • 1 banana	**SNACK** • 2 wholemeal bagels with peanut butter • 1 orange, handful of strawberries
DINNER • 300g salmon fillets • Mashed potato with the skin • Mixed vegetables	**DINNER** • 2 grilled chicken breasts • 1 sweet potato • Mixed vegetables	**DINNER** • 250g lean mince beef • Tinned tomatoes • Sweetcorn • Chilli • Cooked wholemeal pasta
WHY? The high fat and protein quotient will lubricate your joints and increase testosterone. A study in the Journal of Steroid Biochemistry found people with low-fat diets had lower testosterone levels.	**WHY?** By the second day of the week you're likely to have sweated out any toxins and will be training at your heaviest. For this you need energy. Eating about 2g of carbs per pound of body weight should cover it.	**WHY?** Today's plan is loaded with antioxidants to combat fatigue. A study in the Journal of Medicine and Science in Sport and Exercise found men felt as if they were using less effort while exercising on an antioxidant-rich diet.

WORDS RAY KLERCK. PHOTOGRAPHY STUDIO 33, REX

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THURSDAY REST DAY	FRIDAY TRAINING DAY	SATURDAY TRAINING DAY	SUNDAY REST DAY
BREAKFAST • Smoothie: 3 egg whites Mixed frozen fruits 1 cup of oats 1 cup of milk 2 tbsp ground flaxseeds	**BREAKFAST** • 3 whole eggs scrambled with 3 egg whites • 6 slices of Parma ham • 2 slices of wholemeal bread • 300ml of yoghurt	**BREAKFAST** • 2 kippers • 3 poached eggs • 4 slices wholemeal toast • 1 glass milk • 2 tbsp of peanut butter on toast	**BREAKFAST** • 2 cups muesli • 2 cups of low-fat milk • 200ml plain yoghurt • 2 boiled eggs
SNACK • Mozzarella • Tomato • Red pepper • 2 apples • 1 banana	**SNACK** • Tinned sardines • Oatcakes • 2 apples • 1 banana	**SNACK** • Handful of mixed nuts • 200g plain yoghurt • 2 apples • 1 banana	**SNACK** • 125ml cottage cheese on oatcakes • 100g of mixed nuts • 1 apple
LUNCH • 4 thick slices of roast beef • 2 slices of rye bread • Mustard • Lettuce • Tomato	**LUNCH** • 2 grilled chicken breasts • 1 sweet potato • 300g salad with olive oil dressing	**LUNCH** • 400g sushi	**LUNCH** • 200g lean mince beef burger • 1 slice cheese • Mixed salad • Wholemeal burger bun
SNACK • Tinned mussels on oatcakes • Punnet of cranberries • 1 orange	**SNACK** • Avocado and prawn salad with olive oil • 1 banana • 1 apple	**SNACK** • 200g hummus • Dip with 3 large carrots • 1 orange or raspberries	**SNACK** • Tuna salad with olive oil dressing • Punnet of strawberries
DINNER • 2 roasted turkey breasts • Lemon, garlic and herb sauce • Stir-fried vegetables	**DINNER** • 4 extra lean pork sausages • 1 cup of brown rice with stock-cube gravy • Mixed vegetables	**DINNER** • 3 wholemeal pitta breads • 350g rib-eye steak • Mixed vegetables	**DINNER** • 3 grilled lamb chops • 1 cup of couscous • Dark green vegetables • Salad with olive oil dressing
WHY? **You'll burn fewer calories on your rest day so carbs drop to 1g per pound of bodyweight today. Fat levels decrease to make sure you eat less calories overall to keep you lifting plates and not look like you're eating off them.**	**WHY?** **Sardines are rich in omega-3s and calcium needed for muscle contraction. The addition of pork is a new protein source. This also has vitamin B6 needed to release the energy from carbs and give you an extra kick.**	**WHY?** **A generous helping of red meat is needed at this stage to give you protein and zinc. This mineral increases your testosterone and creatine levels while increasing strength, thus providing a complete source of protein.**	**WHY?** **Recovery time. The fruits and nuts provide more than your RDA of vitamin C and E to heal your muscles. US research found sportsmen taking high doses of vitamins E and C recovered from exercise more quickly than those who didn't.**

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EAT FOR THE BEACH

Follow this pre-holiday plan to maximise your energy and slice off that final bit of gut

Your plan

Follow this plan for a week as a last-minute blitzkrieg on your love handles. Or, to reap maximum rewards, repeat it for four weeks to lose fat while retaining muscle, so that you look your absolute best on holiday. "The plan also gives you the energy to finish your workouts," says personal trainer and former Mr Universe Peter Chown (naturalphysique.co.uk). "It assumes you'll be in the gym at 5:30pm – the time proven to be the best to train."

MONDAY TRAINING DAY

BREAKFAST
- Oats
- Cinnamon
- Sliced banana
- Raspberries
- Scoop of protein powder (cook together with water)

SNACK
- Fruit salad: mango, kiwi fruit, papaya
- 3 boiled egg whites

LUNCH
- Sushi with rice
- Apple

SNACK
- Protein shake
- Banana
- Tablespoon of flaxseed oil

DINNER
- Protein shake
- 350g lean fillet steak with pepper sauce
- Small jacket potato
- Salad
- Mixed veg

WHY?

"Reduced carbs won't affect energy, only how much water you retain," says Chown. "Have the protein shake straight after a workout, then shower and make dinner. Drink four green teas and increase your water intake by 350ml. Use a low-carb shake like My Protein Impact Whey Protein (myprotein.co.uk, £10.50 per kg)."

TUESDAY TRAINING DAY

BREAKFAST
- Muesli
- Mixed berries
- Protein shake

SNACK
- Grapes
- Low-carb protein bar

LUNCH
- Chicken salad
- Olive-oil dressing

SNACK
- Protein shake
- Tinned salmon and dill on rye bread

DINNER
- Protein shake
- 300g prawns
- Stir-fried bean sprouts
- Mixed veg
- 40g brown rice

WHY?

"Today's plan is full of antioxidants from the salad and omega-3s from the seafood to help you recover faster from training," says Chown. "Increase your water intake by another 350ml from yesterday to head off the hunger pangs brought on by the further reduction in carbs."

WEDNESDAY REST DAY

BREAKFAST
- 2 large flat mushrooms
- Baby leaf spinach
- 20g cream cheese
- 2 boiled eggs - whites only

SNACK
- Protein shake
- Hummus on oatcakes
- Apple

LUNCH
- Baked salmon fillets
- Spinach
- Leeks
- 40g brown rice

SNACK
- Protein shake
- Peach, mixed nuts

DINNER
- Lemon chicken
- Asparagus
- Courgettes
- Mixed salad

WHY?

"After two days of training you need to focus on recovery," says Chown. "To do this, today's meals are rich in protein and have a few extra carbs. Have your lunch before 12:30pm; you're not training so you need to eat it earlier to burn it off. Increasing your water intake by a further 350ml to get your body flushing out lots of fluid."

WORDS RAY KLEBCK. PHOTOGRAPHY STUDIO 33

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THURSDAY TRAINING DAY

BREAKFAST
- 3-egg-white omelette
- Sliced tomato
- Red pepper
- 2 slices of wholewheat bread
- Banana

SNACK
- Tuna and chickpea salad
- Flaxseed oil

LUNCH
- Tin of tuna, mashed avocado, olive oil and spinach on oat cakes

SNACK
- Sardines, gherkins, beetroot on Ryvitas
- Protein shake

DINNER
- Protein shake
- Grilled salmon
- Mixed veg
- Olive oil and lemon dressing

WHY?
"Going into your second bout of training means boosting recovery and energy," says Chown. "Carbs can add body weight, so you'll be getting what you need from fibre and extra protein. Keep increasing your water intake by 350ml. Don't worry about water retention, reducing your intake on day seven will get rid of any, making you look more ripped."

FRIDAY TRAINING DAY

BREAKFAST
- 2 boiled egg whites
- 2 slices of wholewheat bread
- Fruit salad

SNACK
- Greek salad with added chicken
- Flaxseed oil

LUNCH
- Thai prawn and vegetable curry (no noodles)

SNACK
- Protein shake
- Sliced banana with walnuts

DINNER
- Protein shake
- 200g lean lamb loins, grilled
- Mushrooms stuffed with feta
- Carrots
- Peas
- Small baked potato

WHY?
"Stop increasing your water intake and hold it constant from now on," says Chown. "By this stage your muscles will be exhausted and the zinc from the lamb will help them recover quickly. You should also feel smaller around the middle and as if you don't need so much food."

SATURDAY REST DAY

BREAKFAST
- Quinoa porridge
- Cinnamon
- 100ml apple juice
- Scoop of protein

SNACK
- Protein shake
- Grapes
- Orange

LUNCH
- White fish, grilled
- Mixed veg
- 40g brown rice

SNACK
- Protein shake
- 4-5 slices of melon

DINNER
- 2 grilled chicken breasts
- Cheese, with tomato relish
- Lettuce leaves

WHY?
"It's a rest day so remember to eat your lunch early," says Chown. "Brown rice is full of fibre which accelerates digestion. This will help put the finishing touches on your leanness. If Sunday is your last day on the plan, then reduce water intake to your normal levels or none at all. This will stop any water retention and make you look ripped."

SUNDAY TRAINING DAY

BREAKFAST
- 3-egg-white omelette
- 80g button mushrooms
- Diced tomato

SNACK
- Tuna and avocado salad with lemon-juice dressing

LUNCH
- Sliced turkey breasts
- Mixed salad
- Wholewheat pita

SNACK
- Protein shake
- Beef jerky
- Orange

DINNER
- Protein shake
- 350g lean beef in black-bean sauce
- Asparagus, red pepper, onion and celery stir-fried
- Small baked potato

WHY?
"If you're doing the one-week version of the programme, then this is the day you can proudly unveil your newer, leaner self," says Chown. "If you're following this for four weeks, use this day to get some more training in, squeezing in the maximum number of sessions before your holiday."

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EAT TO BOOST ENERGY LEVELS

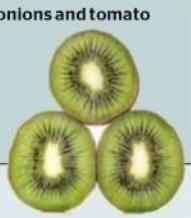
Feel tired in the morning and sluggish in the afternoon? Then this weekly eating plan is for you – it'll increase your energy levels and have you leaping out of bed every day

Your plan

Afternoon slumps can leave you feeling dead in the water and do nothing for your productivity – but don't reach for the java just yet. Eating energy-regulating foods throughout the day will help you kick the fatigue without giving you a caffeine habit. This diet is designed by sports nutritionist Matt Lovell to send your energy levels sky-rocketing by keeping your blood sugar as level as possible – without sabotaging your efforts in the gym. "The plan is full of carbs to fuel intensive training and provide you with enough energy for even the toughest endurance event," says Lovell. Even if that event is just another day at the office or an all-day shopping trip with the missus.

MONDAY TRAINING DAY

BREAKFAST
- 2 egg omelette with cheddar cheese, spring onions and tomato
- 1 grapefruit
- 1 cup green tea



SNACK
- 2 kiwi fruits
- 30g walnuts
- Small sugar-free yoghurt

LUNCH
- 1 satsuma
- 1 wholemeal pitta bread
- Hummus
- Mixed vegetables
- Sliced lamb

SNACK
- Whey and casein protein shake
- 1 apple

DINNER
- A bowl of thick soup
- 2 grilled and seasoned chicken breasts
- Mixed vegetables
- 225ml skimmed goats milk (if you get hungry later on)

WHY?

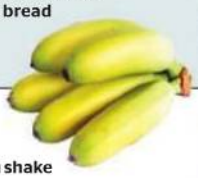
Impressed by the sheer volume of food you get to eat with our weekly nutrition plan? Small regular meals are the secret to keeping the afternoon drag at bay. "This initial day is full of nutrient dense foods that flood your system with vitamins C and B," says Lovell. "These are vital for helping your body drain all the energy out of all the food you eat."

TUESDAY TRAINING DAY

BREAKFAST
- 1 muffin
- 20g back bacon (trim off fat)
- 1 tomato, halved and grilled
- 1 poached egg
- 1 cup green tea

SNACK
- 3-5 baby pickled beetroots
- Handful of pecan nuts
- 1 cup green tea

LUNCH
- Turkey breast sandwich with mashed avocado, sliced onion, lettuce and tomato on wholemeal bread



SNACK
- Whey and casein protein shake
- 1 banana

DINNER
- Lean pork and vegetable stir fry with soy sauce

WHY?

Sharpen your incisors because your protein intake is about to increase. "A diet rich in lean protein, found in the pork, turkey and the protein shake, provides a sustained energy source as the protein takes longer than other foods to digest, says Lovell. Being energetically smug in front of your office vegetarian is recommended. Grunting as you tuck into your sandwich is not.

WEDNESDAY REST DAY

BREAKFAST
- 135g of jumbo rolled oats with raisins
- 225ml goat's milk
- 1 cup green tea
- 1 grapefruit

SNACK
- Cheddar cheese on 1 sliced apple
- 6 multigrain Ryvitas
- 1 cup green tea

LUNCH
- Wheat-free tortilla
- Grilled chicken breast
- Grilled veggies in balsamic vinegar

SNACK
- Whey and casein protein shake
- 1 small bunch of grapes

DINNER
- 3 egg frittata made with baby spinach, potato, tomato and diced ham

WHY?

By now your Snickers cravings should've gone the way of Mr T's ill-fated speed-walker advert. "After a few days of eating a low-sugar diet like this, your body starts to adjust and you should get a reduction in the craving severity for high sugar, high carbohydrate foods," says Lovell. What's important now is that you stick to it and stop eyeing up that half-eaten packet of chocolate digestives on the shelf. You'd be a fool to fall off the wagon now.

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THURSDAY TRAINING DAY

BREAKFAST
- 2 pancakes, made with flax meal (instead of flour) and eggs
- 2 tablespoons mixed berries
- 1 tbsp Manuka honey
- 1 cup green tea

SNACK
- 8 small wholegrain crackers with peanut butter or hummus
- 1 cup green tea

LUNCH
- 1 apple
- Baked sweet potato
- Tuna and tomato salsa

SNACK
- Whey and casein protein shake
- 1 banana

DINNER
- Grilled fish (preferably salmon)
- Mixed steamed veggies
- 1 cup brown rice

WHY?
Sugar isn't an absolute adversary. You can still befriend its natural cousins. "Today's meal plan is a good example of what to eat when recovering from big training session the day before, as it provides natural sugars from the honey and berries early in the day so that your body can burn them off without sabotaging your six pack ambitions," explains Lovell. "These are followed up by fibre rich foods, which means that you don't experience an energy slump after breakfast."

FRIDAY TRAINING DAY

BREAKFAST
- 135g oats
- 220ml of goat's milk
- 1 tbsp Manuka honey
- 1 cup green tea

SNACK
- Baby carrot and baby gherkins with hummus
- 1 cup green tea
- 30g mixed nuts

LUNCH
- Tuna light-mayonnaise sandwich on wholemeal bread
- 1 orange

SNACK
- Whey and casein protein shake
- 1 kiwi fruit
- 1 banana

DINNER
- Homemade pizza Wholemeal pita for the base topped with tomato paste. Sliced chicken breast, mushrooms, mozzarella, red peppers and chillies

WHY?
Bored of the protein shakes? Mix some fruit with them to add a new flavour. "Stick to the shakes as the casein in them is slow digesting and provides a prolonged energy fix while the whey protein is fast absorbing for an instant boost," says Lovell. By this stage you should have more energy than a 5-year-old after a Ribena bender.

SATURDAY REST DAY

BREAKFAST
- 3 egg omelette with red pepper, chillies, grated cheese and sliced ham

SNACK
- 40g almonds and dried apricots
- 1 cup green tea

LUNCH
- 1 apple
- Large bowl of chicken and vegetable soup
- 2 slices rye or wholemeal bread
- 1 banana

SNACK
- Whey and casein protein shake
- 1 grapefruit

DINNER
- Chilli Con Carne made with turkey mince, kidney beans, tinned tomatoes, chilli powder and sweet corn
- 95g brown rice

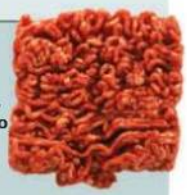
WHY?
Start the weekend off with a hearty omelette to get the energy to fuel a full girlfriend-led expedition to Ikea (without having to stop at the meatball aisle). "Today reinforces your protein and fibre supplies – and these are the cornerstones of additional vigour," says Lovell. Make sure you don't waste all that extra energy on channel surfing though – get out of the house and do something.

SUNDAY TRAINING DAY

BREAKFAST
- 2 slices wholemeal eggy bread
- 2 tablespoons of Manuka honey
- 150g blueberries
- 1 cup green tea

SNACK
- 2 slices wholewheat toast
- 1 avocado, mashed
- 1 apple

LUNCH
- Nachos Grande: blue corn tortillas, lean mince, tomato salsa, kidney beans, avocado and cheese



SNACK
- Whey and casein protein shake
- 1 orange

DINNER
- 1 homemade lean mince burger
- 1 wholemeal burger bun
- Mixed salad
- 225ml skimmed milk

WHY?
Eating to keep lean while maintaining your oomph doesn't have to involve prison-style food. "Traditional junk foods can be made healthy if you prepare them yourself using high-fibre ingredients, and leaving out all the rubbish," says Lovell. "A 'good junk food' day once a week can keep you focused and help you follow the plan." Which means you can dig in and enjoy, you've earned it – although your extra energy is reward enough.

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LEAN DEFINITION

Maximuscle's Lean Definition products have been formulated to support your fat-loss and physique goals when combined with a sensible nutrition and balanced exercise plan. If you're looking for a convenient, healthy and research-supported way to shed fat and get defined, Maximuscle's Lean Definition range delivers great-tasting, targeted nutrition shakes, bars and capsules that guarantee you fast results.

Is the Lean Definition range right for you?

- ✓ You want to lose fat but develop a lean, defined physique.
- ✓ You want fast fat-loss results.
- ✓ You want all-in-one, convenient products that boost the results of your workouts.
- ✓ You want to control cravings with satisfying, great-tasting nutrition.

TRAINING FOR A LEANER, MORE DEFINED BODY

WHICH LEAN DEFINITION PRODUCTS SHOULD I USE?

A: All Maximuscle Lean Definition products can safely and effectively be used alone or stacked together. However, we recommend starting with Thermobol or Promax Diet shakes/bars for rapid results.

HOW QUICKLY CAN I EXPECT FAT LOSS AND LEAN DEFINITION RESULTS?

A: Our products have been designed to optimise your nutrition and support the results of your workouts. Most trainers will see fast results when combining our products with a sensible nutrition and training plan.

HOW MUCH WEIGHT LOSS AND LEAN MUSCLE CAN I EXPECT?

A: The amount of fat you will lose and lean muscle you will gain will depend on your genetics, training plan and nutrition. However, most people report sustained weight loss of 1-3lbs per week when using our products as recommended.

ARE MAXIMUSCLE PRODUCTS SAFE?

A: Yes. Maximuscle products are guaranteed to be safe and effective. In fact, with Maximuscle's unique sports nutrition testing programme - designed to ensure our products are the safest available for elite tested athletes - you can enjoy them with total confidence.

"**Promax Diet** and **Thermobol** help me to consistently eat the targeted, controlled nutrition that's essential need when it comes to getting lean and defined from an intense workout plan."

Mark Brereton
Recruitment Consultant
& Maximuscle user

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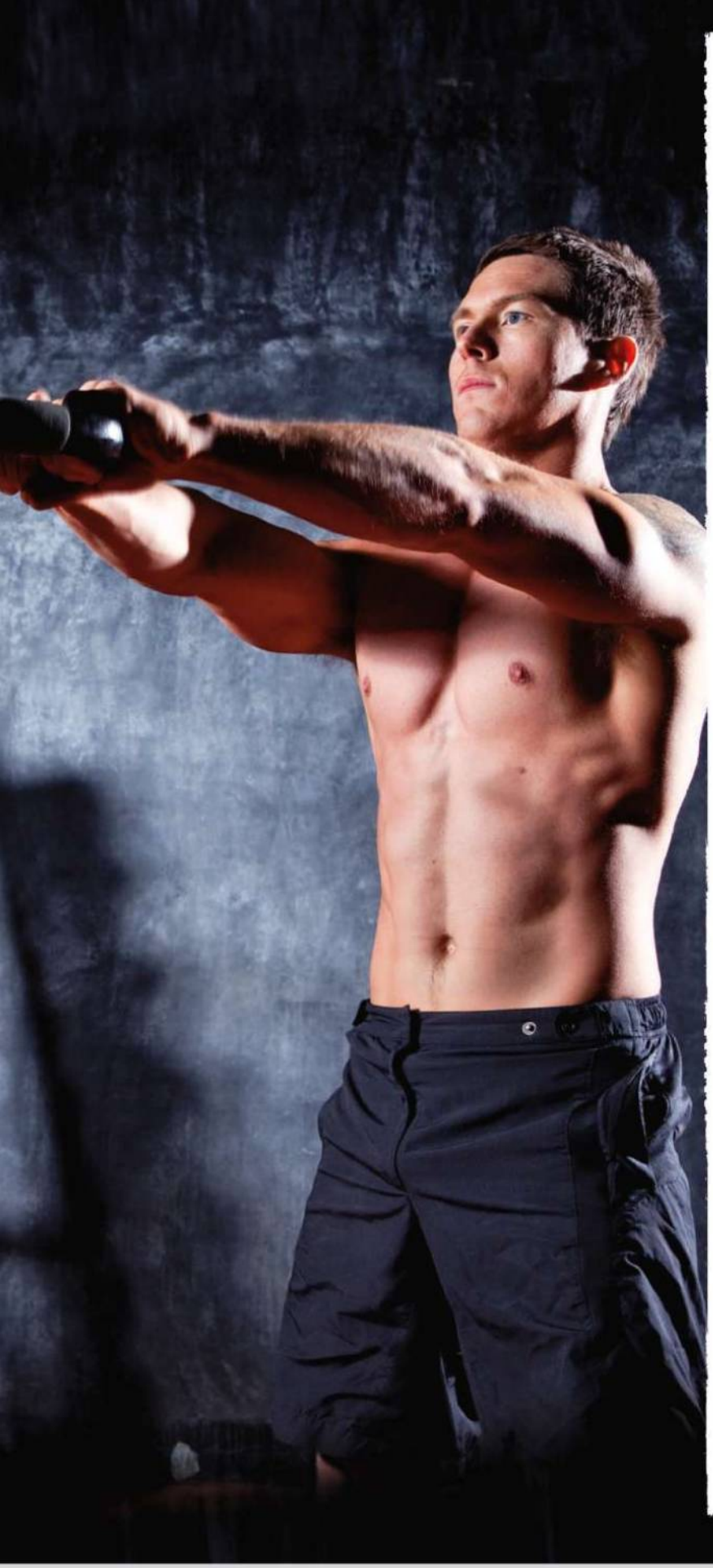

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Thermobol is a potent, lean definition blend that's guaranteed to help you optimise the results you get from your training.

HERBAL WEIGHT-LOSS EXTRACTS Including green tea, bitter orange and guarana to support your weight-loss goals.

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RESEARCH PROVEN Research-supported ingredients to help you burn fat when used in conjunction with a sensible diet and exercise programme.

90 CAPSULES

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An advanced, high-protein shake with proven weight-loss nutrients to support weight loss and muscle definition.

Promax Diet shakes are the easy way to control your eating and support your lean definition goals.

BIOMAX WHEY PROTEIN & LOW GI For lean definition support.

GREEN TEA, GUARANA & CLA To help boost fat burning and energy levels whilst preserving lean muscle.

RESEARCH PROVEN In a recent survey, 82% of people felt they reduced body fat after three weeks.*

1.2kg/20 SERVINGS

*Online survey conducted by Zoomerang on 145 men who exercise regularly and use Promax Diet daily (2009).

Promax Diet bars

A high-protein bar to support weight loss, definition and satisfaction.

Promax Diet bars are the ideal healthy snack bar to help you avoid junk food and support your weight loss goals.

HIGH PROTEIN 20g high-quality protein per bar to support muscle definition.

WEIGHT-LOSS SUPPORT NUTRIENTS Includes green tea, CLA and Xylitol.

UNDER 3g SATURATED FAT & LOW GI Tested as low GI and less than 3g saturated fat per bar.

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SUPPORTS WEIGHT LOSS 64g protein per daily serving to support lean muscle growth.

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RESEARCH-PROVEN TONALIN® CLA Proven to preserve lean muscle and reduce body fat when combined with regular exercise and a healthy diet.

90 SOFTGELS

For more information on the Lean Definition range, visit **maximuscle.com**

For step-by-step training and nutrition plans and to order, visit **maximuscle.com**. Also available at Boots

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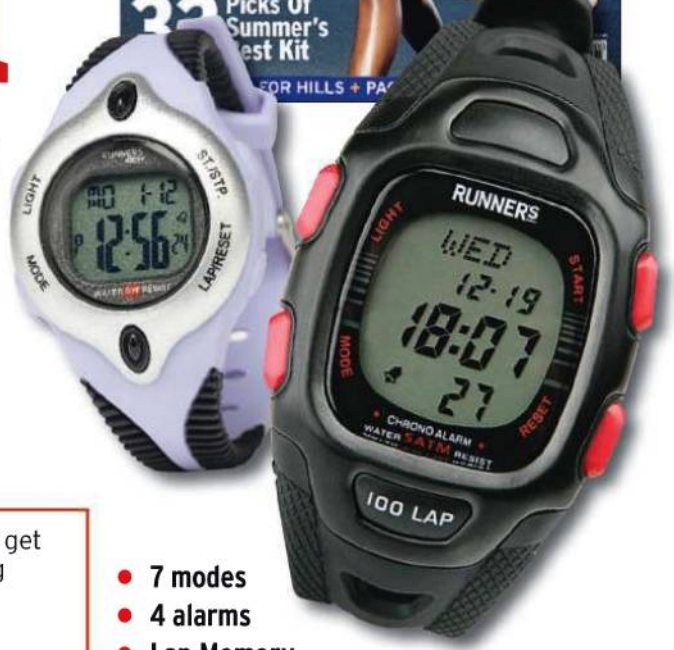

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BULK UP
SLIM DOWN

At *Men's Health* we don't believe in dieting, nor do we believe you should deny yourself in order to realise your goals. So you fancy a kebab? Well, have one – just be a little clever about it and tweak the ingredients to suit your goals. Over the next 18 pages you'll see how the *MH* Nutrition Lab has adapted a collection of manly classics into plates of muscle-building sustenance and fat-shredding fuel. With these you can either bulk up or slim down without sacrificing flavour. Beat that Blumenthal.

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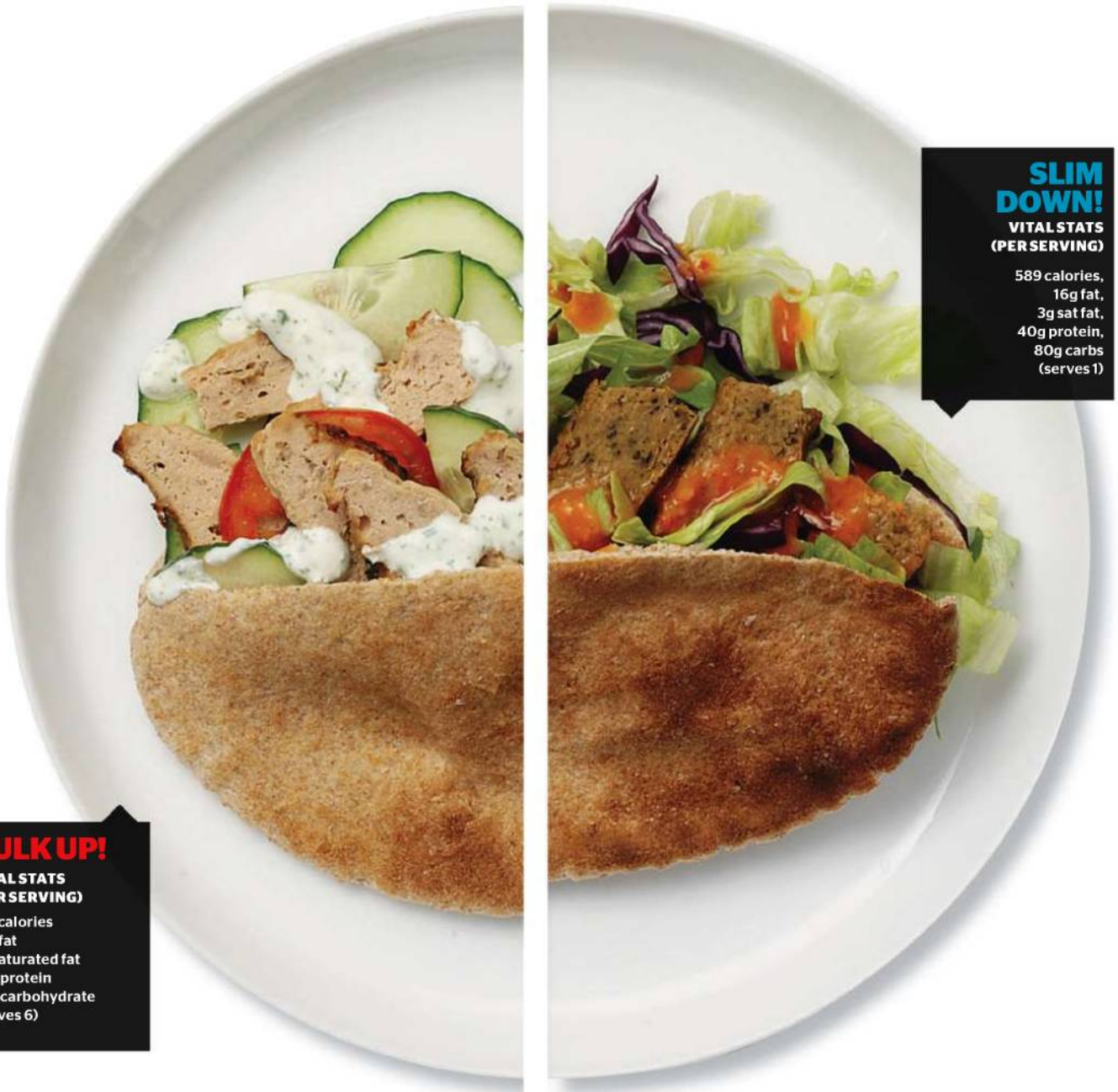

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VITAL STATS (PER SERVING)
589 calories,
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3g sat fat,
40g protein,
80g carbs
(serves 1)

BULK UP!
VITAL STATS (PER SERVING)
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23g fat
9g saturated fat
50g protein
46g carbohydrate
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A new version of the Middle Eastern classic that will pile on muscle or take away your gut

THINK BIG KEBAB

Thanks to the cottage cheese used in the garlic sauce, this Bulk Up 'bab delivers a huge hit of protein without the fatty drenching you'll get at AbraKebabra. And it's not just any protein; it's casein, the gold-standard muscle fuel: "Casein is a slow-digesting protein which provides a steady release of muscle-building amino acids for up to seven hours," says Travis Van Slooten, founder of mens-total-fitness.com. There's another good reason to go for home-made rather than takeaway: Gray's research found salt levels in takeaway kebabs can hit 12g, more than treble the European Food Safety Authority's (EFSA) recommended 3.8g daily max. Excessive salt leads to muscle-shrinking water retention and, according to the EFSA, increased blood pressure, which is a major risk factor in heart disease. The MH Think Big Kebab has just 0.32g of salt per serving and you don't have to be drunk to eat it.

SHRINKING MAN'S KEBAB

You won't find nutritional stats on takeaway wrappers. "They aren't governed by food labelling legislation and meat wholesalers hide fat in the centre of products to keep prices down," says Trevor Gray of Trading Standards. His research found kebab shop offerings can be 22% fat. By dropping the greasy meat in favour of a just-as-hearty and tastier mushroom filling is just 8%. There's a twist on the extras too: cabbage is a favourite with late-night vendors, but the MH upgrade turns it red to turn up the health benefits. "Red cabbage is packed with the same antioxidants as berries," says Jennifer Grossman of the Dole Nutrition Institute in California.

"Its anthocyanins boost memory and aid weight loss by increasing your body's production of two hormones: fat-burning adiponectin and appetite-suppressing leptin." You'll still get chilli sauce on your chin though.

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INGREDIENTS

FOR BOTH RECIPES

- 4 cloves garlic
- 1 onion
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp chilli powder
- 1½ tsp salt
- 1 tsp black pepper
- 2 egg whites
- 50g breadcrumbs
- 6 wholemeal pitta breads
- 200g mushrooms
- Aerosol non-stick cooking spray
- 1tsp olive oil
- 200g baked beans
- 1 medium tomato
- Salt and pepper

BULK UP! EXTRAS

- 500g minced lamb
- 500g minced chicken breast
- 1 tomato
- 1 cucumber

GARLIC SAUCE

- 100g low-fat cottage cheese
- 2 cloves garlic
- 2 tsp chopped fresh mint
- 2 tbsp chopped fresh chives

SLIM DOWN! EXTRAS

- 500g minced lamb
- 500g minced chicken breast
- 1 tomato
- 1 cucumber

GARLIC SAUCE

- 100g low-fat cottage cheese
- 2 cloves garlic
- 2 tsp chopped fresh mint
- 2 tbsp chopped fresh chives

METHOD FOUR SIMPLE STEPS TO A DUAL-ACTION KEBAB

STEP 1: THE CORE

BOTH Peel and finely chop the garlic and onions, and fry them in a drop of olive oil over medium-high heat for 7 minutes until golden brown. Mix the four spices, salt and pepper in a small bowl.

SLIM DOWN! Chop the mushrooms into cubes, add to the pan with the margarine and cook for 2-3 minutes, until they begin to release their juices. Stir in the lentils, spices and tomato paste. Add the water, turn the heat down to medium and stir frequently for 9 minutes, until the lentils soften. Put the mixture in a food processor, let it cool, then add the egg whites and breadcrumbs. Then pulse the processor (turn it on and off a few times) to mix everything.

BULK UP! Put all the meat in a food processor. Add the onion mixture, spices and egg whites and blitz for a minute. Then use the mixer's paddle attachment (flat mixing bar) to mix on the lowest setting for 10 minutes. Now stir in the breadcrumbs. No mixer? Use a wooden spoon and biceps.

STEP 2: THE BAKE

BOTH If you've dropped £150 on a kebab grill rotisserie (designasausage.co.uk) now would be the time to plug it in. If not, preheat your oven to 175°C. Line a baking tray with aluminium foil and press the kebab filling in. Bung in the oven for 70 minutes.

STEP 3: THE SAUCE

SLIM DOWN! Peel and chop the red onion and garlic. Chop the pepper and chillies (keep the seeds from the latter if you want a really hot sauce) and fry with the onion and garlic in a drop of olive oil over medium-high heat for seven minutes. Chop the tomatoes, add them and stir for a minute until they soften. Stir in the tomato paste, sugar, salt and vinegar. Use a hand blender or food processor to get the mixture smooth, strain through a sieve, scrape the bits off the bottom of the sieve into the sauce. This is loads more than you need, but it'll keep in the fridge for a week.

BULK UP! Finely chop the mint, chives and garlic. Toss the cottage cheese in the food processor and whirl with the standard blade until smooth, then add the herbs and garlic. You may need to add water to create a more sauce-like consistency.

STEP 4: THE FINISH

Both Remove the filling from the oven.

SLIM DOWN! Leave it to cool in the tray for about 30 minutes, until it's firm enough to slice into pieces 1cm thick. Line a pitta with red cabbage and lettuce then add your veggie kebab pieces and slather with hot sauce. Tuck in.

BULK UP! Carefully slide the meat out of the tray and slice thinly using your sharpest knife. Load into a pitta with chopped cucumber and tomato. Drizzle on lots of sauce and take a bite towards a better body.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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SLIM DOWN!

VITAL STATS (PER SERVING)

421kcal
8g fat
2g saturated fat
51g protein
27g carbohydrate
(serves 4)

BULK UP!

VITAL STATS (PER SERVING)

1010kcal
15g fat
3g saturated fat
66g protein
147g carbohydrate
(serves 4)

CHOW DOWN, MUSSEL UP

Two twists on moules marinière: one to build brawn, another to bid your gut adieu

THINK BIG MUSSELS

This brawny dish packs 10mg of zinc – 68% of your RDA of the crucial mineral that boosts muscle-building testosterone levels. Research from the University of Valladolid in Spain shows people who workout intensely are more likely to be zinc deficient. Carbs are another crucial element on your muscle-building menu. Post-workout they're needed to top up depleted glycogen energy resources in your muscles, but the carb-rich wholemeal baguettes here come without the saturated fat and salt you can expect from traditional frites. Beta-carotene in the carrot juice will also protect your skin. "Studies show beta-carotene darkens skin pigmentation and reduces the number of sunburnt cells, protecting you against harmful sun exposure," says nutritionist Dr Carrie Ruxton.

SHRINKING MAN'S MARINIÈRE

Knocking up this impressive dish is easy on your culinary skills, your wallet and your waistline. "Cheap and nutritious, at 55kcal per 100g mussels are a great source of protein, vitamin B12, calcium, zinc, iron and metabolism-boosting selenium," says nutritionist Tracy Dobson (weightlossresources.co.uk). The bad news is that the classic mussels dish, moules marinière, is swimming with fat. "When a recipe calls for cream, use standard milk instead. You'll slash the fat content," says consultant dietitian Peggy Stacy. The complex flavours from the wine, lemon and herbs mean that you won't miss the cream, but you will miss a staggering 89g of fat per 250ml, with low-fat evaporated milk clocking a mere 27g per 250ml. Just lay off the frites and mayo.

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INGREDIENTS

FOR BOTH RECIPES

- 1.5kg mussels
- 4 cloves garlic
- 2 shallots
- 1tsp butter
- 4 spring onions
- ½tsp black pepper
- ½ a lemon

BULK UP! EXTRAS

- 500ml carrot juice
- 2-3cm ginger
- 3tbsp fresh chives
- 2 wholemeal baguettes

SLIM DOWN! EXTRAS

- 1 glass white wine
- 1 handful parsley
- Evaporated milk

METHOD FOUR SIMPLE STEPS TO MUSCLING UP WITH MUSSELS

STEP 1: MUSSEL PREP

Fresh is the name of the game. Buy mussels clean, unopened and without barnacles and beards (the light-brown hairy threads on the shell), and eat within 48 hours. They're alive when you buy them, so keep them that way until you eat them – tightly pack them in a bowl, cover with a damp cloth so that they're moist but can still "breathe", and then put the bowl in the bottom of the fridge. Don't, whatever you do, keep them in tap water or airtight containers. It will kill them. Before cooking, run under cool water and tap each mussel hard on a board or surface: if it stays closed it's good. If not, it's dead, so bin it.

STEP 2: THE AROMATICS

Finely chop the garlic and shallots. Fry in the butter over medium heat for five minutes in a deep pot with a lid. While they're frying, finely chop the spring onions and juice the half-a-lemon.

SLIM DOWN! It comes together quickly, so have everything ready. Uncork the wine and sample. Open the evaporated milk, then finely chop the parsley.

BULK UP! Set your oven to 150°C and stick the baguettes in to warm. Peel the ginger – scraping a spoon against the skin works a treat – and chop it into small pieces along with the chives. If you have a juicer, juice seven large carrots; if not, use 500ml of pre-bought juice (Eden Organic Carrot Juice, £3 for 750ml goodnessdirect.co.uk).

STEP 3: MUSSEL TIME

SLIM DOWN! Add the wine and lemon juice to the garlic and shallots, turn the heat up high, bring to the boil for two minutes and then add the evaporated milk, onions and parsley. When it comes to the boil again, add the mussels and put the lid on the pot.

BULK UP! Add the carrot juice, ginger and lemon juice to the garlic and shallots, turn up the heat and bring to the boil until the carrot juice reduces by half. Add the spring onions, chives and mussels, cover and leave on a high heat.

BOTH Cook the mussels until they open – this usually takes 3-5mins. Give the pot a shake midway through, but don't stir with a spoon as it'll cause the mussels to fall away from the shells. This means you'll have to fish them out of the broth, which is not a ticket to Michelin stardom.

STEP 4: THE BIG FINISH

Both After those 3-5mins, take the pan off the heat, sprinkle liberally with pepper and carefully transfer to a serving bowl. Make certain you chuck out any mussels that haven't opened – a dose of bottom-feeder's belly isn't strictly the right way to drop the pounds. Serve immediately with an empty bowl on the table for the shells and the biggest napkins you can find to spare your guests' party shirts.

SLIM DOWN! Pass the spoons and tuck in as you would with a soup.

BULK UP! Grab the baguettes that were warming in the oven and serve alongside the mussels. No butter is required, just dip. In the broth that is, not your glass of Nottage Hill. Bon appetit!

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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SLIM DOWN!

VITAL STATS (PER SERVING)
540 calories,
13g fat,
7g sat fat,
39g protein,
61g carbs
(serves 4)

BULK UP!

VITAL STATS (PER SERVING)

982 calories
51g fat
22g saturated fat
48g protein
86g carbohydrate
(serves 4)

WOK STARS

The MH body-engineering lab re-defines the classic Thai curry for gourmet gut-busting and slap-up muscle building

THINK BIG THAI CURRY

This may be the perfect bulk-up meal. "If you're looking to add muscle you need roughly one gram of protein per pound of bodyweight every day, and protein should make up 30% of your total calories," says Dr Jeff Stout, author of The Sports Supplement Encyclopedia (Nutricia Institute of Sports Science). This fiery muscle-fuel packs 48g of protein and as well as giving you a welcome break from chicken, its bulk-up stats make better reading. The rump cuts of beef pack 27g of protein per 100g, compared to just 12g per 100g in skinless chicken thigh. The leaner cut wouldn't be so juicy off the BBQ, but slow cooking tenderises the beef and keeps it moist. Just a shame it won't stay fresh in your gym locker.

SHRINKING MAN'S THAI CURRY

Penang is a dry curry, which means less coconut milk and crucially over 100 less calories and 10g less fat than a similar saucy offering. It'd take two three-minute rounds of Thai boxing to burn that off. Don't cut the coconut milk completely though: research at McGill University in Montreal, Canada, found dieters eating coconut oil increased energy expenditure and decreased their food intake. "With a medium-chain triglyceride like coconut oil you're eating fewer effective calories because your metabolism rises," says Dr Bruce Fife, author of Eat Fat Look Thin (Healthwise Helpline Limited). "So you can eat more coconut oil than other fats before your body stores it as fat." Bonus. So get stuck in.

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INGREDIENTS

FOR BOTH RECIPES

- 2 medium shallots
- 2 cloves garlic
- 2.5cm ginger
- 1 tbsp veg oil
- 2 tbsp red curry paste
- 1 tbsp fish sauce (Blue Dragon, Sainsbury's)
- 1 tbsp tamarind purée
- 250g jasmine rice
- 375ml water

BULK UP! EXTRAS

- 400ml coconut milk
- 1½ tbsp brown sugar
- 1 cinnamon stick
- 3 cardamom pods
- 4 cloves
- 250ml beef stock
- 8 small new potatoes
- 700g minced beef
- 75g peanuts, dry-roasted

SLIM DOWN! EXTRAS

- 200ml coconut milk
- 1 tbsp brown sugar
- 1 large red chilli
- 4 lime leaves
- ¼ tsp nutmeg
- ¼ tsp paprika
- 700g skinless chicken breast

METHOD FOUR SIMPLE STEPS TO A WOK AND ROLL DINNER

STEP 1: THE RICE STUFF

Like Tubbs to Crockett, jasmine rice is the classic sidekick to Thai curry. Wash 250g of it under the cold tap until the water runs clear to remove excess starch. Place in a pan with a tight-fitting lid, add 375ml of water, stick the lid on and bring to the boil over a high heat. Let it boil for 20 seconds, then turn the heat down low and cook for a further 10-15 minutes with the lid on. Remove from the heat but leave the lid on it so it keeps steaming for another 10 minutes. Once the rice has been cooked, you can fluff the grains by stirring them with a fork.

STEP 2: THE SPICE BASE

Peel the shallots, halve, then thinly slice lengthwise. Peel the garlic and ginger and finely chop. Heat the oil in a wok on high heat for about one minute. Add the onion, garlic and ginger and stir for 3-5 minutes until soft. Add the curry paste, stir and fry for about a minute.

SLIM DOWN! Shake the coconut milk, then add half. Give two lime leaves a hiding with a spoon to release their oils, then add them to the pot with the sugar, nutmeg and paprika, then stir until the coconut milk reduces by a third.

BULK UP! Add the cardamom seeds, cinnamon and cloves. Fry for one minute then add the coconut milk. Fry for about two minutes then add the sugar, some peanuts, coconut milk and beef stock. Simmer.

STEP 3: THE CHOP

Whether chicken or beef, slice the meat into bite-sized pieces. Traditionally Thai chefs slice the meat into thin strips and you'll need to do this across the grain. Look for the long muscle strands running across the meat and slice perpendicular to them, this way the meat will be tender and easier to chew.

SLIM DOWN! Slice the two remaining lime leaves and the red chilli into the thinnest strips your knife skills can muster.

BULK UP! Chop the new potatoes into bite-sized pieces. The good news is that these little spuds don't need peeling, making them the perfect bulk-up ingredient. They will enhance the flavour and add texture to your dish. Chop the remaining tablespoon of peanuts into small pieces to make a garnish.

STEP 4: THE BIG FINISH

SLIM DOWN! Add the chicken to the curry mixture and fry over a high heat for seven minutes until the meat is cooked through. Fish out the lime leaves added earlier and discard. Immediately transfer the curry to a serving dish and drizzle over the remaining tablespoon of coconut milk. Sprinkle the sliced lime leaf and red chilli pepper over the meat. Serve with rice.

BULK UP! Add the beef and simmer for 20 minutes. Add the potatoes and cook for another 10. Fish out the cloves and cinnamon stick and discard – their work is done . Spoon the curry into serving bowls, garnish with the rest of the peanuts and eat with rice. Serve with a bowl of rice and "kin khao" (Thai for "eat up").

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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SLIM DOWN!

VITAL STATS (PER SERVING)

595 calories,
12g fat,
2g sat fat,
19g protein,
105g carbs
(serves 4)

BULK UP!

VITAL STATS (PER SERVING)

777 calories
22g fat
5g saturated fat
31g protein
110g carbohydrate
(serves 4)

THE CIRCLE OF CRUST

MH's in-house chef has engineered a miracle: a muscle-building, fat-stripping pizza

THINK BIG AMERICAN HOT

The right kind of bulking up isn't just a matter of wolfing down the calories. "If it was as easy as stuffing 8,000 calories of any rubbish, no one on the planet would have a problem building muscle," says Vince Delmonte, author of *No-Nonsense Muscle Building* (vincedelmontefitness.com). "Most mass diets wreak havoc on your health because they're based on unclean calories." The MH bulk-up slice uses low-fat mozzarella to save your arteries, and protein-rich pine-nut sauce. Or a homemade stuffed crust filled with casein-loaded cottage cheese. "Studies have shown casein provides a slow release of muscle-building amino acids into the bloodstream," says World Deadlifting Champion Anthony Ricciuto. Do you want to argue with him?

SHRINKING MAN'S AMERICAN HOT

Like inflation and Vanessa Feltz, some figures can't be controlled. At 30 calories a slice, pepperoni always tips the scales, so replace it with courgette. Next on the shrinking man's menu, chillies are packed with capsaicin, which raises your metabolism – and therefore calorie burn – for anywhere between 20 minutes and five hours, according to Oxford Brookes University research. Habanero peppers pack maximum capsaicin with 300,000 Scoville units on the heat index, compared to jalapeno's tepid 2,500-5,000. To prevent "dough handles" eat your slice for lunch: even thin-crust is carb-heavy and Swiss research showed eating high-carb foods before bed raised body temperature and heart rate. It could interfere with sleep, and thus weight loss.

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INGREDIENTS

FOR BOTH RECIPES

- Pizza Dough
- 450g bread flour
- 1½ tsp fast-action yeast
- Salt, sugar, olive oil

TOPPINGS

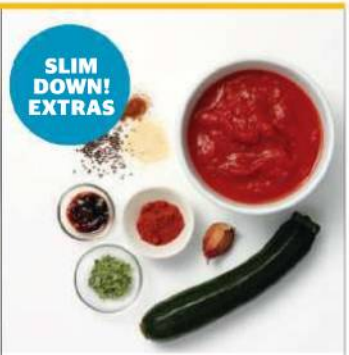
- 200g low-fat mozzarella cheese
- ½ red pepper
- 1 habanero red chilli pepper

TOPPINGS

- 250g fat-free cottage cheese
- ½ bulb roasted garlic
- 2 tsp flour
- 40g pepperoni

PIZZA SAUCE

- 1 red pepper
- 50g pine nuts
- ½ bulb roasted garlic



TOPPINGS

- 1 courgette
- 2 tsp paprika
- Pinch of cayenne pepper
- ½ tsp garlic powder
- ½ tsp mustard seeds
- ½ tsp of liquid smoke
- Pizza Sauce
- 230g tinned tomatoes
- 1 garlic clove
- 1 tsp dried oregano

METHOD FOUR SIMPLE STEPS TO BEEF UP YOUR SLICE

STEP 1: THE DOUGH

Mix the flour, yeast and 1 tsp of salt and sugar. Pour 1 ½ tbsp of olive oil into a well in the middle. Add 325ml of water – it must be tepid (43°C) to activate the yeast. Mix, then knead the dough for 5 minutes by hand. Put it on a floured surface, push it away from you, then pull it back into a ball, then push away again. Don't be afraid to give it a good pummelling. Repeat for 10 minutes. Once smooth, shape into a ball, coat with olive oil and put back in the bowl. Cover with cling film and leave somewhere warm and draught-free for 45 minutes, until it doubles in size.

STEP 2: THE TOPPING

Grate the cheese on the big holes of your grater. Chop the pepper into bite-sized pieces and dice the chilli. Leave the seeds in if you like it hot.

SLIM DOWN! Peel and slice the courgette, lay the slices on paper towels and sprinkle with salt on both sides to draw out the moisture. Leave for a few minutes, then wipe them and put them in a bowl. Sprinkle with spices and stir. Dry-fry in a non-stick pan over a medium heat.

BULK UP! Preheat your oven as hot as it'll go, then stick the garlic bulb and pepper in for 10-15 minutes until the pepper chars and the garlic softens. Stick the pepper in a cling film covered bowl for 10 minutes to cool and slice the pepperoni. Toast the pine nuts in a pan over medium heat, shaking often so they don't burn.

STEP 3: THE SAUCE

Keep your oven as hot as it'll go, and if you have a pizza stone (£13.95, cookware.co.uk), slip it in to preheat.

SLIM DOWN! Peel and finely chop the garlic,and fry over medium heat in olive oil for 1 minute. Add the tomatoes, oregano, sugar, salt and pepper. Bring to the boil, then lower the heat and simmer for 5 minutes until the sauce thickens.

BULK UP! Remove the garlic cloves from their skins and toss half in a food processor. Peel the pepper and remove the stalk and seeds. Add it to the food processor with the pine nuts, salt and pepper, then blitz for 30 seconds. Put in a bowl, clean the processor and blitz the remaining garlic with the cottage cheese, flour, salt and pepper for 10 seconds. Put in a zip-lock bag with a 1cm hole at one end.

STEP 4: THE ASSEMBLY

Cut the dough in half (it makes two bases). Shape each half in a ball, then flatten and, from the centre out, press the dough into a thin 30cm disc. If you have a pizza stone, dust with flour and stick the dough on it.

SLIM DOWN! Spread on the sauce leaving a 1.5cm edge. Sprinkle with mozzarella, then add the courgette, pepperoni, peppers and chillies. Bake for 10 minutes, leave for 2, then tuck in. Humming Dean Martin songs is optional.

BULK UP! Pipe the cottage cheese 1cm from the edge. Fold the edge over and seal it in. Spread half the sauce over the base, sprinkle over mozzarella and top with pepperoni, red peppers and chillies. Bake for 10 minutes, remove and leave for 2 to let the cheese set. Slice up and chow down.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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COTTAGE INDUSTRY

Nutrition science transforms a classic pie into a fat-stripping, muscle-building miracle dish

THINK BIG COTTAGE PIE

Ground lean beef packs crucial extra calories and protein into this muscular offering, and mixing egg yolks with the spuds means there is a super-size secret in the topping. "Yolks are a nutrient-dense, antioxidant-rich, vitamin and mineral-loaded portion of the egg," says certified nutritionist Mike Geary, founder of truthaboutabs.com. And while you may be getting plenty of whites in your protein shakes, "the protein in egg whites isn't as powerful without the yolks to balance out the amino acid profile and make the protein easier for your body to absorb," says Geary. "Plus, free-range egg yolks are loaded with muscle-nourishing omega-3 fatty acids." So omelette for breakfast too then.

SHRINKING MAN'S COTTAGE PIE

With a mind trick worthy of Obi-wan, you'll use the intense force of anchovy paste to conjure a "beefy" flavour in your chicken pie. Add espresso powder and low-fat gravy granules to round out the taste. Plus you don't even have to ditch the spuds: adding egg whites to whip up a "potato soufflé" topping means you can cover the whole pie with a mere pair. No Cordon Bleu training required. It's all about adding volume without adding calories. "This kind of weight management is based on a multitude of research projects on satiety," says Dr Barbara Rolls, author of *Volumetrics* (Harper Collins). One study by the North American Association for the Study of Obesity, found foods that look bigger in volume make you feel fuller, regardless of calories.

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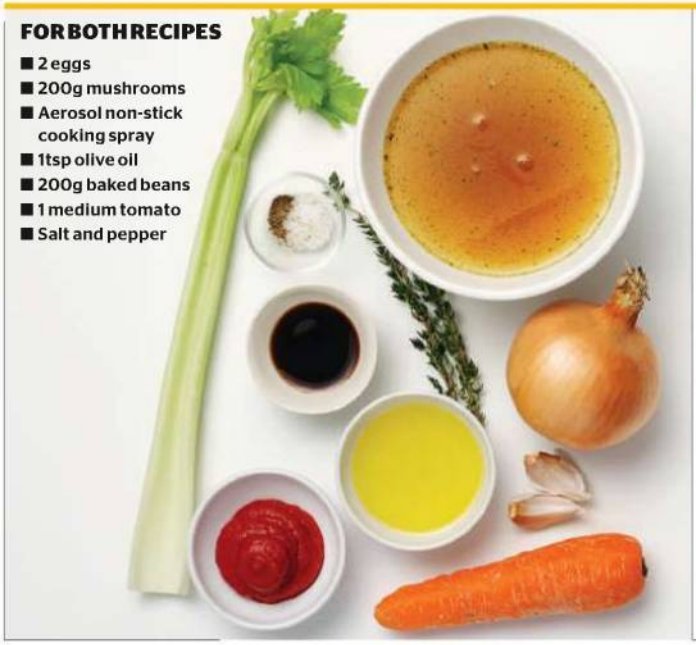
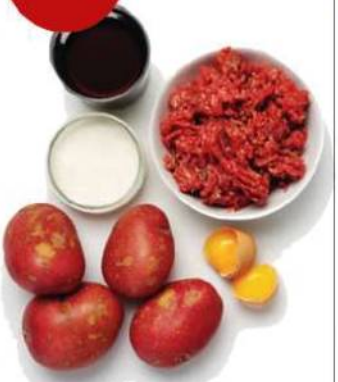
INGREDIENTS

FOR BOTH RECIPES

- 2 eggs
- 200g mushrooms
- Aerosol non-stick cooking spray
- 1tsp olive oil
- 200g baked beans
- 1 medium tomato
- Salt and pepper



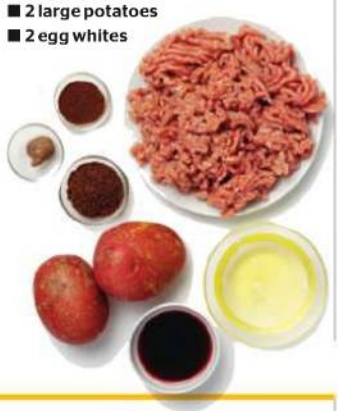
BULK UP! EXTRAS



- 550g minced lean beef
- 125ml red wine
- 80ml semi-skimmed milk
- 4 large potatoes
- 2 egg yolks

SLIM DOWN! EXTRAS

- 450g minced chicken
- 1tsp instant coffee or espresso granules
- 2tsp gravy granules
- 1tsp anchovy paste
- 2tbsp marsala wine
- 2 large potatoes
- 2 egg whites



METHOD FOUR SIMPLE STEPS TO A PIE THAT WON'T SIT ON YOUR HIPS

STEP 1: THE MEAT

SLIM DOWN! Sprinkle the espresso powder and gravy granules over the raw chicken. Now, doesn't that look delicious?

BOTH Preheat the oven to 200°C. Heat the meat in a large, deep frying pan over a high heat. No oil necessary here, just sprinkle on a little salt and pepper, add the thyme and fry all together until browned. This should take about 10 minutes, but stir it frequently to break up the meat. Once browned, transfer the meat to a sieve and leave over the sink to drain off excess fat.

STEP 2: THE VEG

Both While the beef is slowly ridding itself of all the stuff you really don't want in your arteries, or the chicken, espresso powder and gravy granule combo is convincing your other half that she really should not have let you loose in the kitchen after all, you better get on with stage two.

You need to peel and finely chop the onion, garlic, carrot and celery. Use the sharpest knife you have in the kitchen. Watch those fingers. Use the same pan that you used to brown the meat, give it a quick wipe, drizzle with some olive oil, then add the chopped vegetables. Cook all your veg over a medium heat for approximately five minutes or until the vegetables have all softened up. Flamboyant stirring and your best Gordon Ramsay impersonation is optional.

STEP 3: THE FLAVOUR

SLIM DOWN! Stick the chicken back in the pan with the veg, add the anchovy paste and fry for a few minutes. Then add the marsala and let it heat up until it bubbles for a minute.

BULK UP! Open the wine. You'll need about half a glass for the pie: the most accurate method of measuring is to pour yourself a full glass and drink the other half. Scientific fact. Return the beef to the pan with the veg, add the wine and cook until it's reduced in volume, so half of the liquid remains.

BOTH Add the tomato paste, Worcestershire sauce and vegetable stock. Bring to the boil, then turn the heat down and simmer for 30 minutes. Stir occasionally and wait for the mixture to thicken. Add salt and pepper to taste.

STEP 4: THE SPUDS

While the sauce thickens peel the spuds, chop into 2.5cm chunks and rinse. Then stick them in a pot of salty water and boil over a medium heat for 12 minutes. Drain and mash.

SLIM DOWN! Use a whisk to beat the egg whites until stiff peaks appear (roughly three minutes). It is crucial the egg whites don't contain even a fleck of egg yolk or they won't fluff up. When that's done, gently mix the egg whites into the mash.

BULK UP! Mix the egg yolks into your mashed potatoes.

BOTH Transfer the frying pan mixture to a casserole dish, then add the potato topping a spoonful at a time, working from the edge inwards. Rake some furrows for crispy bits and bake for 30 minutes in a pre-heated oven. Enjoy.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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YOU'VE MET YOUR MASH

Build muscle or burn fat with a precision-engineered twist on a culinary classic

THINK BIG BANGERS AND MASH

Take some bulk-up advice from a man who knows: "Eat your standard five meals a day, just make them bigger, with an accent on protein," says Dave Draper, author of *Iron on My Mind* (On Target Publications), and a former Mr Universe. These chicken sausages deliver 21g of protein each. Supermarket pork versions often contain just 40% meat and a mere 7g of protein.

"Aim for 1.5-2g of carbs per pound of bodyweight to sustain energy levels and fuel your workout," says Hugo Riviera, author of *The Body Sculpting Bible for Men* (Hatherleigh Press). "Carbs help shuttle muscle-building amino acids from protein into muscle tissue." For extra carbs try sweet potato mash. Despite low GI, they have a third more carbs than normal spuds.

SHRINKING MAN'S BANGERS AND MASH

The salmon-sausage switch may have purists turning in their grease, but it's a light-fingered masterstroke. A single pork number is loaded with 18g of fat and 222 calories – just 78 calories less than this complete meal. No need to ditch the spuds either. University of Colorado research shows potatoes have a lean secret: they're a source of starch, which makes you feel full; but as it resists digestion its calories don't get into your bloodstream. Instead, it ferments in your large intestine creating beneficial fatty acids. "These can prevent the liver from using carbs as fuel and instead turn to burning stored body fat," says Dr Janine Higgins, nutrition research director at the University of Colorado. Sadly frying in oil and serving with battered fish does not enhance the slimming effect.

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INGREDIENTS

FOR BOTH RECIPES

- 6 sheets of edible paper (supercook.co.uk)
- 3 cloves garlic
- 2 egg whites
- 2 spring onions
- 1tsp margarine
- 5 large standard or sweet potatoes
- 1 red onion
- 2tbsp flour
- 250ml chicken stock
- 3tbsp vegetable stock
- 4tsp olive oil
- Salt and pepper

BULK UP! EXTRAS

- 550g ground chicken
- 50g porridge oats
- 2tbsp fresh oregano
- 1tsp Italian seasoning or herbes de Provence
- 2tbsp sun-dried tomatoes
- 2tsp balsamic vinegar
- 3tbsp red wine

SLIM DOWN! EXTRAS

- 500g skinless salmon fillet, preferably wild/organic sockeye
- 2tbsp fresh dill
- 1tsp Tabasco
- 2 spring onions
- ½ lemon
- 3tbsp white wine
- 1tsp capers
- 1 small tomato

METHOD FOUR SIMPLE STEPS TO A DISH THE REALLY BANGS

STEP 1: THE SPUDS

BOTH Ready for some culinary alchemy? Follow these simple instructions and these humble spuds will soon be transformed into nutritional gold. Start by peeling the potatoes. It doesn't matter whether you opt for standard slim-down spuds or carb-loaded bulk-up sweet potatoes. Chop them into 2.5cm, even-sized chunks. Rinse the chunks in water to remove excess starch. Now fill a pot with enough water to cover them, throw in a big pinch of salt and boil over a medium high heat until soft. This should take about 12 minutes.

STEP 2: THE BANGERS

BULK UP! Whiz the oats in a food processor until finely ground. Roughly chop the sun-dried tomatoes, oregano, spring onions and peeled garlic, and toss the lot in with the oats. Then add the dried herbs, egg whites, salt, pepper and chicken to the processor.

SLIM DOWN! Peel the garlic, then chop with the dill and spring onion. Use the fine holes of your grater to take the outer yellow layer of the lemon rind (not the bitter white pith). Add everything to a food processor and squeeze in half the lemon's juice. Remove bones or skin, then chop the salmon into chunks and add to the mix. Season.

BOTH Blend everything for 30 seconds. Don't overdo it or it'll go to mush, and you don't need Gordon Ramsay to tell you that's a bad thing.

STEP 3: THE GRAVY

Finely slice the onion and fry in olive oil over medium heat. Add a dash of salt to draw moisture out and help them caramelise, then fry for 5 minutes until golden brown.

BULK UP! Add the balsamic vinegar to the onions, stir and fry for 2 minutes. Stir in the flour and fry for another 2 minutes. Slowly add the red wine, and whisk to keep the gravy lump-free. Stir in the chicken stock and simmer for 5 minutes.

SLIM DOWN! Stir in the flour, mix well and fry for a few minutes to cook off any flour flavour. Whisk in the white wine and heat until it bubbles for a minute. Whisk in the chicken stock and let the gravy simmer on low for 5 minutes. Peel the tomato and pop out the seeds, using your fingers. Chop the flesh into small pieces.

STEP 4: BREAKFAST CHAMP

Heat the oil and margarine over a medium high heat in a frying pan. Cheat by using edible paper to hold the meat long enough to get it in the pan. (Proper casings, grinders and sausage stuffers are available at designasausage.co.uk). Cut the paper into 10cm by 20cm pieces. Spoon the mixture down the centre, and make it no fatter than a pound coin. Roll the wrapper round the meat then stick them in the pan. Turn them to brown the entire casing. Salmon sausages take 7 minutes, chicken about 12 minutes. Drain the spuds, mash, add the vegetable stock and mix. Season and spoon onto your plate. Top with gravy.

SLIM DOWN! Sprinkle the chopped tomatoes and capers over the gravy. Salivate freely and prepare to tuck in.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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SLIM DOWN!

VITAL STATS (PER SERVING)

464 calories,
16g fat,
3g sat fat,
65g protein,
13g carbs
(serves 4)

BULK UP!

VITAL STATS (PER SERVING)

752 calories
15g fat
3g saturated fat
74g protein
76g carbohydrate
(serves 4)

BEST OF THE BREAST

Nutritional science adds more fat-searing, bulk-up power to the classic chicken breast

THINK BIG STUFFED CHICKEN

A hefty sprinkling of protein-pumping pine nuts will provide a filling guaranteed to fill you out. Pine nuts' protein content can vary from 10-35%, so here is a bit of insider knowledge worth remembering if you're looking to build brawn: the variety with the most comes from the Stone Pine tree and are marked Italian Pignolia on the pack. Pine nuts do have a significantly higher fat count than some other nuts, but it's monounsaturated fat, which is good for your cardiovascular system. Gaining muscle mass is all about sneaking in the right kind of extra calories, hence the sneaky switch that has you coating these breasts with cornflake crumbs for extra crunch. They're more nutritionally complete than standard breadcrumbs and clock a mere 0.2g of fat compared to the traditional version's 6.6g. And no, you don't add milk and sugar.

SHRINKING MAN'S STUFFED CHICKEN

There's a reason why you won't catch Popeye at Weight Watchers. Spinach packs double the fibre of other greens, which promotes weight loss, according to studies at the Children's Hospital, Boston. It also lowers blood pressure and your levels of LDL (that's bad) cholesterol, so you'll be around to parade your svelte form until sea levels wipe out the beaches. Then there's the crafty rice-replacing cauliflower. "If you want to lose weight, non-starchy veggies such as cauliflower are one of the few foods you can eat in unlimited quantities," says Barbara Rolls, professor of nutrition and author of The Volumetrics Eating Plan (Harper Collins). And cauliflower's vitamin C hit – 155% of your RDA in this recipe – makes it a particularly wise shrinking man's choice. Researchers at Purdue University found the vitamin helps your body burn fat for fuel during physical activity. Such as carrying the shopping home.

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INGREDIENTS

FOR BOTH RECIPES

- 2 cloves garlic
- 2 spring onions
- 200g spinach leaves
- 1tsp olive oil
- 1 splash white wine
- 1tsp grainy mustard
- 250g low-fat cottage cheese
- 4 skinless chicken breasts
- ¼tsp seasoning salt with paprika

BULK UP! EXTRAS

- 50g pine nuts
- 1tbsp sun-dried tomatoes
- 100g cornflakes
- 1tbsp flour
- 1 egg white
- 250g brown wild rice
- 375ml chicken stock

SLIM DOWN! EXTRAS

- 700g cauliflower
- 3tbsp margarine
- 1tbsp olive oil
- 2 cloves garlic
- ½tsp sal

METHOD FOUR SIMPLE STEPS TO A PROTEIN-PACKED BIRD

STEP 1: FULL-ON FILLING

Preheat the oven to 190˚C (Gas mark 5) and get cracking on the filling by peeling, then finely chopping the garlic and the spring onion. Chop the stems off the spinach and heat the oil in a large pan over a medium heat for a few minutes. Add the onions, garlic, spinach and white wine. Stir until the spinach leaves wilt (about 3 minutes). Drain the excess moisture in a sieve, then move the mixture to a bowl, add the mustard and cottage cheese and mix well.

BULK UP! Wipe the frying pan and then toast your pine nuts over a medium heat, shaking the pan to prevent them from burning. Add the pine nuts to the mix along with the chopped sun-dried tomatoes.

STEP 2: KNOCK AND ROLL

Sandwich each chicken breast between two pieces of cling film. Use a rolling pin or an angry fist and relieve that stress by pounding the breasts until they're flat and about 1.5cm thick. Now, stop the primal screaming and apologise to your terrified other half. Calm. Divide the spinach filling into four and spoon one portion down the centre of each breast. Tuck one side up against the filling and then continue to roll. Secure the seams with a few toothpicks. Remember to count how many you have used and make sure that you take the same number out before dishing up.

BULK UP! Whiz the cornflakes in a food processor until finely ground and place on a plate. Measure the flour onto a separate plate and whisk the egg white up in a large bowl. Dip the rolled breasts in the flour, then the egg, and finally roll in the crumbs.

STEP 3: STEP 3: SIDES ON

Place the chicken on a baking tray, seam sides down, sprinkle with salt and bake for 20 minutes.

BULK UP! Run 250g of rice under the tap to remove excess starch. Stick the rice in a pan with a lid and add 375ml of chicken stock. From a cube is fine, just don't tell Heston. Bring to the boil and let the stock bubble for 20 seconds, then reduce the heat to low and cook for 15 minutes, lid on. Remove from the heat, leave the lid on to steam the rice for another 10 minutes, then fluff with a fork.

SLIM DOWN! Make cauliflower "rice" by grating the white part of the cauliflower onto a paper towel to absorb excess moisture. Heat a large wok over medium-high heat, add the oil and margarine, then toss in the peeled, minced garlic. Fry for a minute, then add the cauliflower. Season and stir-fry for 7 minutes until it softens.

STEP 4: THE BREAST, MAN

Remove the chicken breasts from the oven and check they're done. Medium rare is not a sophisticated choice in chicken world. So, to check you're not serving a side order of food poisoning, make a small incision in the thickest part of the breast and check the meat is white, not tell-tale pink. Clear juices are another reassuring sign you won't be getting over-familiar with U-Bend post dessert. Now, how many toothpicks was it? Make sure you get them all out. Getting one caught in your throat is unlikely to enhance the dining experience. Spoon the rice or cauliflower onto a plate, then plonk the chicken breast on top. If any of that tasty filling has leaked out, spoon it over the top of the breast in the gravy style. It'll be tasty. Now, admire your handiwork, soak up the awed hush from your guests, take the weight off your feet and enjoy.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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BULK UP!
VITAL STATS (PER SERVING)
1160 calories,
24g fat,
6g sat fat,
72g protein,
172g carbs
(serves 1)

SLIM DOWN!
VITAL STATS (PER SERVING)
589 calories,
16g fat,
3g sat fat,
40g protein,
80g carbs
(serves 1)

LIVE AND LET FRY

Use the *MH* nutrition lab's new blueprint to turn the Full English grease-fest into a muscle-building, fat-shedding super-meal

THINKING BIG ENGLISH WRAP

Unless you were out in Guadalajara last night you're unlikely to get your fry-up in a tortilla at the local greasy spoon, but it's just what the muscle doctor ordered. The traditional Full English is higher in fat than protein so you'll be bulking up in the wrong places. The *MH* version tips the balance in the right direction by shifting the beans up a gear. "Most beans have a protein content of about 25%, but soya beans are the true protein bonanza with 34% protein," says Dr Susan Kleiner, author of *The Powerfood Nutrition Plan* (Rodale). And however *al dente* your personal credit is right now, beans have another advantage in these lean times: "They're the cheapest source of protein there is," says Kleiner. So you can afford to have that protein-packed sirloin for lunch.

SHRINKING MAN'S FULL-ENGLISH STACK

Breakfast is the most important meal of the day, with University of Minnesota research confirming those who eat it daily are less likely to gain weight than those who skip it. While you probably think there's more chance of hell staging the Winter Olympics than finding the great British fry-up on a slimming menu, twisting the classic saves you a lorry load of lard. The *MH* Shrinking Man's version swaps the standard three slices of bacon for smoky bacon bits, cutting 83 calories and 8g of fat in the process. They're actually made from soy, so veggie-friendly, and "the oil they contain is highly polyunsaturated, which offers protection against heart disease," says University of Arkansas nutritionist Rosemary Rodibaugh - a lifesaving side-order you won't get down the local caf'.

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INGREDIENTS

FOR BOTH RECIPES

- 2 eggs
- 200g mushrooms
- Aerosol non-stick cooking spray
- 1tsp olive oil
- 200g baked beans
- 1 medium tomato
- Salt and pepper

- 100g soya beans, tinned
- 2 slices ham, fat-free
- 2 low-fat chicken sausages
- ½ baked potato
- 1 egg white
- 1 wholewheat flour tortilla

- 1 vegetarian sausage
- 1tbsp soy bacon bits
- 1 Food Doctor Multiseed English Muffin

METHOD FOUR SIMPLE STEPS TO A BREAKFAST OF CHAMPIONS

STEP 1: GRATE GRILLING

Place a grate or grill rack inside a baking tray so as not to cook in a grease bath. Pre-heat the oven to 190°C (gas mark 5) and then roast your sausages for approximately 15 minutes. When it reaches the 8-minute mark start chopping the tomato in half, sprinkle it with a little salt and pepper and then place it on the rack to roast for the remaining 7 minutes.

BULK UP! Cut the jacket potato up into long wedges. Beat the egg white until it is frothy and then dip your potato wedges in it. Place the wedges on the rack and then spray the tops evenly with the non-stick cooking spray.

STEP 2: FRYING HIGH

Chop the mushrooms into quarters. Splash some olive oil into a non-stick frying pan over a medium heat. Once the oil is hot chuck your mushrooms in, add a dash of salt and then fry them for about 7 minutes, stirring occasionally. Once the mushrooms are fried and browned, put them in a bowl and cover with aluminium foil. Try to keep them near the hob so that they stay warm.

BULK UP! While the mushrooms are frying, open the tin of soya beans and tip them into a sieve. Rinse thoroughly with warm water and give them a really good jiggle shaking out any extra moisture. At this point, resist the temptation to smugly tell your other half that men can multi-task just as well as women – you're not out of the woods yet bucko.

STEP 3: MULTI TASK FORCE

Open the beans then empty them into a small saucepan over a medium heat and cook for 5 minutes. Ideally you want the beans to reach optimum temperature at around the same time as your eggs finish cooking (they're coming next). This is multi-tasking level 2, and it's why your hob has more than one burner. Wipe the frying pan with a paper towel and return to a medium heat. Give it a light blast of nonstick spray and crack the eggs into it. Let them cook for 1½ minutes. If you like your yolks firm, cook for longer, but don't turn up the heat; medium is the best temperature or else they go rubbery. When they're done get them on your plate or tortilla asap.

BULK UP! Remember the soya beans in your sieve? Get them in the bean pan.

STEP 4: BREAKFAST CHAMP SLIM DOWN!

Toast the muffin and put it on a plate, stick the tomato slices on it then gently slide the eggs on top. Layer on the sausage then sprinkle on the mushrooms and bacon bits. Don't worry if your breakfast tower is architecturally-challenged, stick the beans on the side, stick the plate on the table and get involved.

BULK UP! Lay the tortilla out and line the potato wedges down the middle, then top with the ham and sausages. Gently slide the eggs onto the tortilla and sprinkle the mushrooms on top. Spoon the beans along one side. Slice your tomatoes into wedges to ensure a juicy pop with every bite. Fold in the bottom of the tortilla and roll until everything is tightly contained. Now tuck into the best fry-up this side of Acapulco.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING CARA HOBDAY

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BACK OF THE NET

The *MH* body-engineering lab muscles up and slims down the classic fish cake

BEEFCAKE FISH CAKE

You can't build muscle without protein," says Tim Lawson of the British Association of Sport and Exercise Scientists. So this MH muscle-builder upgrades from the traditional cod your mum used to the finest red (AKA "sockeye") salmon. It's twice as nutritionally dense as cod, delivering an extra 1.9g of protein and 114 calories per fish cake. And like Johan Lennon said, give peas a chance: combining the peas with the wheat-based crust forms a complete protein: a big lift for lean muscle building.

"To be considered complete the food has to contain all nine of the essential amino acids that can't be synthesized in the body," says Dr Tabatha Elliott, a research scientist at the University of Texas who specialises in protein. This is way tastier then a whey shake,

SHRINKING MAN'S FISH CAKE

Ready-made fish cakes can haul in with enough calories to sink a trawler thanks to the addition of mayonnaise to keep them moist. With an egg providing the moisture – and coming in eight times leaner than mayo – the MH version has a mere third of that ready-made calorie count.

We've removed the madness from the method, too: "Frying in butter or vegetable oils adds a lot of saturated and trans fats, which contribute to weight gain and increase your risk of heart-disease," says cardiologist Dr Muredach Reilly.

By ditching the frying pan and baking instead of the traditional frying, as well as giving you the option of some low-fat yoghurt sauce, the Men's Health lean fish redux means you can definitely have your cake and eat it.

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INGREDIENTS

FOR BOTH RECIPES

Serves 2

- 213g tinned red salmon
- 1 spring onion
- 1 egg
- 125g frozen peas
- Salt
- Pepper

BULK UP! EXTRA INGREDIENTS

- 1 400g sweet potato
- 2tsp fresh dill
- 2tsp fresh parsley
- 50g Panko (Japanese bread crumbs theasian cookshop.co.uk)

SLIM DOWN! EXTRA INGREDIENTS

- 1 lime leaf
- 4 cloves garlic
- 1tsp fresh jalapeño pepper
- 1tbsp fresh coriander, leaves and stems

METHOD FOUR SIMPLE STEPS TO FISH CAKES WITH A DIFFERENCE

STEP 1: MIX AND MASH

Preheat the oven to 190°C (gas mark 5). Drain the salmon and flake it into a bowl with a fork. Finely slice the spring onions and whisk the egg in a small bowl. Sprinkle salt and pepper over the salmon, then add the onion, peas and egg. Mix well.

BULK UP! Get on with peeling those sweet potatoes. Chop the orange flesh into 2.5cm chunks, rinse, then cover with water in a medium pot. Add a big pinch of salt and boil for 15 minutes. Drain, then mash with a large fork or masher.

SLIM DOWN! Cover the lime leaf with freshly-boiled water, leave to soften for 15 minutes, then finely chop it.

STEP 2: CARRY FLAVOUR

BULK UP! Roll the dill and parsley together, then finely chop. Add the herbs and the mashed sweet potato to the salmon. Sprinkle the panko breadcrumbs out onto a plate and season them with a bit of salt and pepper.

SLIM DOWN! Peel the garlic, then use a garlic crusher or pestle and mortar to mash it to an almost paste consistency. Remove the stalk from the jalapeño pepper then slice it into long strips. You can leave the seeds in if you're partial to a real kick in your cakes. Chop the strips into tiny pieces. Note: this is a bad time to rub your eyes unless you want to look like Paul Gascoigne at Italia '90, you have been warned. Finely chop the coriander leaves and stems and add to the salmon mixture along with the garlic and jalapeño.

STEP 3: GOLDEN BALLS

Divide your salmon mix into 4 equal parts by hand. If you're expecting a dinner guest, you may want to wash them in something rather more fragrant before she arrives. Scoop one of the portions up and mould with you hands into a round patty, about 5cm thick. Repeat until you have 4 patties. Resist the urge to juggle them. No one likes a show off.

BULK UP! These cakes can be a great ready-prepared post-gym snack, and if you're making them for this rather than tonight's dinner, you may want to split the fish mix into 8 mini, snack-friendly patties and wrap them up long before they make it into your gym bag. Either way, next roll the patties through the breadcrumbs until they're totally coated in them. Lightly press the crumbs into the patty so they stay on there.

STEP: 4 BAKE IT UP

Line a baking tray with aluminium foil, lightly spray with non-stick cooking oil and place the fish cakes on top. Check the oven is at 190°C (gas mark 5) and stick the cakes in to bake. After 10 minutes, gently flip them over. Unless you're looking to sear off your fingerprints before that jewel heist, we strongly recommend using a spatula here. Once you've turned the patties, bake for another 8 minutes. Check they've turned nice and golden, remove from the oven and serve up with a wedge of lemon, a sprig of dill and an optional sprinkling of Jamie Oliver mockneyisms. Resist the calorific temptation of tartar sauce or mayonaise and dip in the sweet chilli variety instead. Or, make your own sauce with low-fat yoghurt, some finely chopped dill and a teaspoon of wholegrain mustard.

WORDS ELAIN EVANS. PHOTOGRAPHY ROB WHITE. FOOD STYLING PHIL MUNDAY

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If You Only Do One Thing...

+ Hot news: the beans, beef and spices in your TexMex favourite combine to cut belly fat. So eat up and banish your paunch

EATING CHILLI CON CARNE WILL GIVE YOU A SIX PACK

Scientists from UCLA have found that an enzyme in kidney beans stops the body breaking down carbs, making it rely on stored energy for fuel (eg belly fat). The magic beans also regulate blood sugar levels and so can prevent type-2 diabetes. Protein in mince has been shown to boost your metabolism, help you lose fat and build more lean muscle. In addition, University of Taiwan studies found eating spicy food can speed up your metabolism by 25% for three hours. Eating Mexican food just got a whole lot hotter.

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